

Webinar: Resiliency and Mental Wellness in the Workplace

Wednesday, May 20 | 11am-12pm MDT

A culture of mental wellness demands both individual commitment and organizational support. One of the best ways to assist co-workers is to attend to your personal work and well-being. No matter your schedule or competing demands, there are practical tools you can utilize to maintain mental wellness. Leaders and employees who invest in their own self-care are the best positioned to assist others in the workplace.



You will learn:

- Strategies for assessing personal wellness and identifying healthy coping skills
- Tips for starting conversations that facilitate mutual mental health support in the workplace
- How to apply mental health strategies from model employers in the Health Links network

[Register](#)

SHRM and CHES credits available

Speakers:

- **Chad Morris, PhD**, Director of Behavioral Health & Wellness Program, University of Colorado Denver
- **RK and Mountain Family Health Centers**