

Mental Health and Wellbeing in the Workplace

June 12, 2024

9:00 a.m. - 11:00 a.m.

A Virtual Interactive Training Opportunity



Alpena Community College has partnered with Wayne State University to provide **FREE** mental health awareness training for our area employers & employees.

76%

of U.S. workers reported at least one symptom of a mental health condition

81%

reported they will be looking for workplaces that support mental health

84%

said their workplace conditions contributed to at least one mental health challenge

Risks to Mental Health at Work:

- Excessive workloads or work pace
- Inflexible hours
- Unsafe working conditions
- Negative culture, discrimination and exclusion
- Violence, harassment or bullying
- Job insecurity, inadequate pay, or poor investment in career development
- Conflicting home/work life

Local industries in our area that are above the national suicide rate:

- Utilities & Manufacturing
- Nurse / Home Health Aides
- Agricultural Workers
- Protective Services
- Trucking & Logging

Learn to:

- Prevent work-related mental health conditions
- Protect and promote healthy mental health practices
- Support workers with mental health conditions
- Enable environment for change

3 ways to register:

- **Call 989.358.7296**
- **Email blumentl@alpenacc.edu**
- **Use the QR code**



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