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.

**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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