

Working Minds

Protect the brainpower and well-being of your work staff.

Working-age people (typically ages 35-65) are the engines running businesses and organizations, but they are also an age that is at risk for depression and suicide. Depression is the world's leading cause of disability, contributing to work impairment, loss of work days and productivity, and even loss of life by suicide.

LEARN:

- about the **critical need** for suicide prevention in the workplace
- skills and tools to **create a dialog** about workplace mental health challenges
- how to **promote help seeking and help giving** among professional colleagues

YOU CAN BECOME A "WORKING MINDS" TRAINER TO LEARN HOW TO SUPPORT WORKERS' WELL-BEING.

If you work in Human Resources, provide workplace, medical facility, or school trainings, serve on a employer's wellness committee, work or volunteer for an employment initiative, or otherwise provide education to workplaces in Lorain County, TAKE ADVANTAGE OF THIS FREE TRAIN-THE-TRAINER OPPORTUNITY.

January 8, 2019 | 8:00 a.m. – 4:30 p.m.

Amy Levin Conference Center

1165 North Ridge Road East, Lorain, Ohio

Register: vreyna@lcbmh.org, 440-233-2020, ext. 4225

This opportunity to strengthen workplace health and productivity in Lorain County is being provided at no cost to participants through the generosity of:



Lorain County Suicide Prevention Coalition

By taking part in this day-long training, you will be a certified provider of the "Working Minds: Suicide Prevention in the Workplace" 2-hour presentation, to benefit your workers or colleagues.