

OCTOBER 10 IS

WORLD MENTAL HEALTH DAY

As we gather on October 10, World Mental Health Day takes on renewed significance. This year's theme, *Access to Services – Mental Health in Catastrophes and Emergencies*, calls on organizations to rise to new challenges.

In a world increasingly affected by disasters, conflicts, and unexpected crises, providing immediate and ongoing support for employees is not just a responsibility but an opportunity to reinforce the foundations of a healthy and resilient workforce.

The need for psychological safety and access to reliable support is more urgent than ever. It is crucial for leaders and colleagues alike to create environments where everyone feels safe sharing their experiences and where meaningful resources are readily available during moments of stress, uncertainty, or trauma.

WHAT YOU CAN DO

Promote our free online recorded seminar:

"Responding with Resilience: Ensuring Mental Health Support in Times of Crisis"

This online seminar is a recorded, on-demand event and will be released on your Employee Assistance Program website on October 10th.

Participants will benefit by being able to

- Understand how catastrophes and emergencies impact employee mental health and overall organizational functioning.

Behavioral Healthcare Options

- Recognize the importance of psychological safety and learn methods to promote open, supportive communication in crises.
- Identify concrete actions to embed empathy, resilience, and proactive care into everyday workplace culture for sustained wellbeing

HOW WORKPLACE OPTIONS CAN HELP

Workplace Options can help promote your employee assistance program through online and on-site (where allowed and feasible) awareness events, learning events, and promotional materials.

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ADDITIONAL ON-SITE OR ONLINE LEARNING EVENTS

The Workplace Options team can arrange on-site or online learning events that can be purchased for your organization. A few of the seminars available include the following:

Healthy Minds at Work

In today's fast-paced work environment, mental health has become more important than ever, yet many organizations still struggle to acknowledge and address these issues among employees. This session will guide you through a deeper understanding of the implications of ignoring mental health problems, empowering you with the skills to make a difference.

Creating a Resilient Mindset

This session explores practical strategies for building resilience, equipping participants to transform setbacks and uncertainty into opportunities for growth. Attendees will learn how to reframe challenges, overcome internal barriers, and develop a mindset that embraces vulnerability and failure as pathways to adaptability and sustained success.

AIR 2.0 – Flagship Training (Managers)

In recent years, global events have presented unprecedented challenges to both individual and organizational wellbeing, creating a VUCA (Volatile, Uncertain, Complex, Ambiguous) environment. This training is designed to help managers recognize the signs and symptoms of anxiety and trauma related to VUCA conditions, and to develop effective strategies for supporting their teams and leading with confidence through ongoing uncertainty.

Contact your Account Manager for more information about Workplace Options seminars and on-site events.

