



WELLBEING IN THE WORKPLACE

Your Mental Health **MATTERS!**

Wellbeing in the Workplace Education Teaches Participants to:

- Understand what mental health is and the importance of mental wellbeing.
- Recognize the signs and Symptoms of a person who is struggling.
- Offer appropriate resources to a person in need.
- Engage in self-care and stress management to improve one's own wellbeing.



For information on how to create a training to best meet your organization's need, please contact:

Dr. Bonnie Brown

Florida Mental Health Institute
University of South Florida

(941) 928-9062 • bjbrown2@usf.edu



UNIVERSITY of
SOUTH FLORIDA