



How to Support Mental Health Concerns with Friends and Family

From time to time we all have friends or family who suffer with low mood. When low mood persists, it is hard to know what to do, especially when you worry about making things worse. This is not a program about your mental and emotional health, but it is about the very positive role you can play in other's wellness. Because you are probably not a doctor or health professional, there are limits to the support you can provide, so it is important to know those boundaries. Then, once you understand those limitations there are many helpful and supportive conversations and actions you can be taking.

Participants will:

- Understand the boundaries of being a supportive friend vs the role of professionals
- Know how to overcome social stigma and start the conversation
- Identify questions to ask and actions to take
- Recognize the importance of being there
- Learn that talking about suicide will not make things worse

Mike Collins

Mike is a fully qualified, experienced and accredited psychotherapist and trainer who has worked with Employee Assistance Programme providers for over 20 years. He has extensive experience delivering trainings that cover a broad range of topics such as stress management, work-life balance, mindfulness, resilience, time management and various other wellbeing issues.



Click below to view



[Click here](#)

