

Employee Mental Health: Strategies for a Resilient Workplace

Stress—whether from personal challenges or workplace pressures—is one of the leading contributors to on-the-job accidents and decreased productivity. Managers and supervisors play a critical role in recognizing and addressing this stress to build healthier, more resilient teams.

Join us for this impactful webinar as we explore how stress affects workplace safety and performance, and what leaders can do to create a culture of mental well-being and support. You'll walk away with practical tools and strategies to better support your team and foster a safer, more productive work environment.

In this webinar, you'll learn

- The vital role managers and supervisors play in supporting mental health
- Organizational strategies for identifying and managing employee stress

- Actionable stress-management techniques to help your team thrive

Webinar Resources

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