



**Member training:**

## **Supporting Mental Health Concerns with Friends and Family**

### **May featured training**

**Supporting 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.

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<p><b>Recorded sessions</b> On demand (no Q&amp;A)</p> <p><a href="#"><u>Watch here</u></a></p> <p><b>Short on time?</b> Watch the 10-minute summary <a href="#"><u>here</u></a></p>	<p><b>14<sup>th</sup> May</b> 7-8 AM CST (with Q&amp;A)</p> <p><a href="#"><u>Register now</u></a></p>	<p><b>15<sup>th</sup> May</b> 1-2 AM CST (with Q&amp;A)</p> <p><a href="#"><u>Register now</u></a></p>	<p><b>21<sup>st</sup> May</b> 11-12 PM CST (with Q&amp;A)</p> <p><a href="#"><u>Register now</u></a></p>	<p><b>23<sup>rd</sup> May</b> 1-2 PM CST (with Q&amp;A)</p> <p><a href="#"><u>Register now</u></a></p>
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