

## EMPLOYEE ASSISTANCE PROGRAM

# MENTAL HEALTH, SUBSTANCE USE AND SUICIDE PREVENTION AWARENESS FOR LEADERS

## VIRTUAL TRAINING SERIES

Despite the high prevalence and deaths by substance misuse and suicide, about two-thirds of people with mental illness never seek professional care. Yet, most who receive care improve and many recover completely! Attend this training to learn the facts, warning signs, and how to help yourself and others with mental illness and substance use concerns. You will also gain valuable resources for promoting mental health.

THURSDAY,  
NOVEMBER 18, 2021

12:00 - 1:00 p.m.

### Registration:

Advanced registration is not required. To view and listen to the live webinar, go to [bit.ly/2Wq8sQ9](https://bit.ly/2Wq8sQ9) on the day of the event.

- Event Password: W9q7I5r2815
- United States Toll: +1-408-418-9388
- Access code: 132 280 8837

The training will be recorded and available on the website approximately two to three weeks after the live event. To view past trainings, go to [eap.calhr.ca.gov](https://eap.calhr.ca.gov). Under Explore Services, click on the program tile for Webinars and Workshops to access the individual training recording, slideshow and handouts, if applicable.

### Learning Objectives

- Learn the facts about mental health, substance use and mental illness.
- Recognize warning signs of mental illness, substance use, and suicide.
- Learn how to help yourself and others with mental health and substance use issues including responding to emergency situations.
- Gain resources for promoting mental health.

### Who Should Attend?

- These workshops are free to state employees.
- Before planning to attend, employees should ensure supervisor's approval.
- Please provide two weeks notice for special accommodations.

