

ONLINE TRAINING OPPORTUNITY



Good morning everyone,

I was communicating with our BizLibrary client manager. We have seen an increase in conversations surrounding stress and anxiety in the workplace and the toll it can take on the mental health of employees. I wanted to reach out to provide some recommendations on additional resources to assist in keeping employees healthy, happy, and productive. Biz recently released "**Managing Stress and Anxiety During COVID-19,**" a video lesson devoted to helping learners productively manage their stress and anxiety in the face of the COVID-19 pandemic. In addition, a video course "**Workplace Mental Health**" is available to help develop an organizational culture that supports mental health.

The following lessons are included in the "Workplace Mental Health" video course:

- Workplace Mental Health: Introduction
- Workplace Mental Health: Warning Signs
- Workplace Mental Health: Risk Factors
- Workplace Mental Health: Cultural Best Practices
- Workplace Mental Health: Coping Strategies
- Workplace Mental Health: Crisis Interventions

How to Access:

- [Log in to the LMS](#) and use the search bar to access the video course "Workplace Mental Health" or the "Managing Stress and Anxiety During COVID-19" video lesson. If anyone receiving this does not have an account set-up or experiences any access issues, just email me directly to resolve.