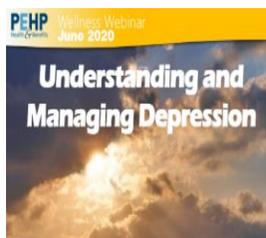


PEHP Mental Health Webinar Series

Health & Benefits



Feeling anxious every now and then is a normal part of life. But if you find you are constantly anxious and worried over everyday events, it can start interfering with every aspect of life. The [Managing Anxiety and Worry](#) webinar discusses the symptoms of anxiety, why we worry and ways to cope and relieve anxiety and worry. [Adobe Connect Link](#)



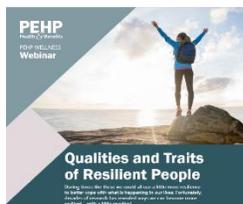
Depression is a wide-ranging disorder that can affect many aspects of your life beyond your mood. Unfortunately, depression can often be overlooked, making it hard to treat while leaving those with depression needlessly suffering. On the brighter side, progress has been made in starting important conversations about mental health which have resulted in more options to help people manage depression. Our webinar, [Understanding and Managing Depression](#) discusses the causes of depression, when to seek help, and techniques to cope with depression. [Adobe Connect Link](#)



Feeling overwhelmed, burned out, and exhausted with all the changes and new demands at work and home due to the ongoing pandemic? Achieving work/life balance seems extra challenging for most of us these days and boundaries between work, home, family and personal aspects of life are often blurred with this new way of living. Our [Burnout & Mental Fatigue and What to Do About It](#) webinar discusses burnout and fatigue along with helpful strategies to deal with these challenging times. [Adobe Connect Link](#)



Suicide can be a hard, uncomfortable thing to talk about leaving people struggling in silence or making others feel reluctant to help. But it doesn't have to be this way. Recent progress has been made in understanding the importance of talking openly about suicide – reducing stigma and opening the door to prevention and treatment. The [Suicide Prevention Starting a Conversation](#) webinar discusses risk factors for suicide, warning signs for suicide, and communication tips and skills to openly talk about suicide. [Adobe Connect Link](#)



It's times like these we could all use a little more resilience to better cope with all that is happening in our lives. Lucky for us decades of research has discovered ways we can all become more resilient (with a little practice)! Our [Qualities and Traits of Resilient People](#) webinar discusses the research and science behind resilience, the qualities and skills of resilient people, and learning how to incorporate resilience skills in day to day life to strengthen personal resilience. [Adobe Connect Link](#)