



Here4TN Leader's Monthly

April 2019

Women and Depression

Everyone feels down in the dumps once in a while — many times, those feelings pass within a day or two. If those feelings of sadness last longer than two weeks, it could be depression. Even though there are many causes of depression for both genders, women are nearly twice as likely as men to suffer from those symptoms.

Schedule a training

Consider scheduling a trainings to help you and your employees better understand depression. Or, offer Mother's Day support for women juggling work and children.

Positive Parenting (1 Hour)

Raising children today comes with its challenges. With so many competing priorities, it's important to know what to do to help our children thrive. This presentation provides practical information about parenting issues for toddlers, children and adolescents. The majority of information focuses on children and adolescents.

Participants will:

- Discuss the family life cycle
- Identify principles to live by
- Explore how to problem-solve with children
- Examine traits most parents want to see in their children

Register today

To complete a training request form for this class, for a topic listed in our catalogue or for a custom training, [go here](#). Or call 855-Here4TN (855-437-3486) if you have questions.

Sources:

[Depression in women](#). Mental Health America. Accessed March 1, 2019.

As a leader, it can be hard to keep up with all of the programs and services you and your employees have available. That's where your new Here4TN Leader's Monthly can help.

Sources:

[Depression](#). National Institute of Mental Health. Accessed November 19, 2018.

[What is depression?](#) American Psychiatric Association. Accessed November 19, 2018.

[Depression in the workplace](#). Mental Health America. Accessed November 19, 2018.

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Mental Health at Work

Most of us know that mental health is key to good overall health. But mental health conditions can affect us, our friends and family, as well as our colleagues and employees. In fact, about one in five adults in the U.S. suffer from a mental health condition. At work, mental health issues can cause reduced productivity. In the U.S., depression alone has been linked to 200 million lost work days every year.

Schedule a training

To help inform your management team and employees about mental health topics, consider scheduling one of these trainings:

Mental health in the workplace (1 hour)

This session covers depression and anxiety, two of the most common mental illnesses that can affect us, our families, friends and the workplace. You'll learn what depression and anxiety are, what to do, and where to go if you are concerned about yourself or others. Program highlights:

- Recognize the importance of looking after yourself
- Cope with normal stresses of life and work productively
- Learn strategies to help a person with a mental illness and create a healthy and safe workplace
- Greater awareness of support mechanisms available, such as the Employee Assistance Program (EAP)

Register today

Call 855-Here4TN (855-437-3486) for more information or [go here](#) to complete a training request form for a topic listed in our catalogue or a custom training and get started today.

Also make sure that all your employees know about **Take Charge at Work**. This is a confidential program designed to help working adults recognize and manage symptoms of stress and depression at work. [Learn more](#).



Sources:

[The state of mental health in America](#). Mental Health America. Accessed March 5, 2019.

[Depression evaluation measures](#). Centers for Disease Control and Prevention. Accessed March 5, 2019.

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