Mental Health Focused - LinkedIn Learning Courses

The following LinkedIn Learning courses may help managers prepare themselves for supporting employees dealing with mental health issues.

Managing Depression in the Workplace
Type: Course
By: Sinni Pillay
Length: 1hr. 3m

Managing Anxiety in the Workplace
Type: Course
By: Sinni Pillay
Length: 1h 9 m

Opening the Dialogue About Mental Health and Emotional Safety
Type: Video (from the course Inclusion During Difficult Times)
Length: 3m 56s

Managing Stress for Positive Change
Type: Course
By: Heidi Hanna
Length: 57m

Supporting a Grieving Employee: A Manager’s Guide
Type: Course
By: Leslie Barber
Length: 27m
Communicating Internally During Times of Uncertainty

Type: Course

Length: 31m

(even though this is not directly related to mental health, it is about communicating with empathy, being mindful, vulnerable, etc. especially during times of change and uncertainty). This is really good about having your