



# **Mental Health in the Workplace: How, When & Why to help**

**Wednesday, November 4th**

**8:30am-10am**

**at**

**Tillman's Historic Village Inn**

**14369 Ridge Road, Albion NY 14411**

Karl Shallowhorn, Director of Community Advocacy, MHA of Erie County and Compeer of Greater Buffalo, will present a program focused on the impact of mental health in the workplace.

Topics such as the financial implications of depression among employees, risk factors and proactive management will be covered. In addition, information will be provided about the importance of self-care and managing stress in a demanding work environment.

Continental Breakfast will be served. There is no charge for this program.

\*Space is limited - RSVP to the MHA in Genesee/Orleans County at (585) 344-2611 or via email to [admin@mhagenesee.org](mailto:admin@mhagenesee.org) by Wed, Oct. 28th



Sponsored by the *Mental Health Association of New York State, Inc. Consumer and Business Outreach Program*, in partnership with the *MHA in Genesee/Orleans County* and the *Orleans County Job Development Agency*.