



**Interactive Workshop for Employees**

# Understanding Mental Health

***Recognize the Signs, Respond with Confidence.***

Simple, practical knowledge to recognize mental health concerns, reduce stigma, and respond with confidence. Mental health challenges among children, adolescents, and adults can affect learning, relationships, attendance, and workplace performance. Yet many people feel unprepared to recognize early warning signs or respond confidently when concerns arise. This interactive workshop provides a practical foundation for understanding mental health, reducing stigma, and recognizing when someone may need support. Using current research and real-world examples, participants will explore how mental health influences behavior, emotions, decision-making, and daily functioning. Rather than focusing only on diagnosis, this training encourages participants to understand the person behind the behavior and respond with empathy and appropriate support. Participants will learn to:

**Recognize common signs of emotional distress.**

**Differentiate between normal stress responses and potential mental health concerns.**

**Respond with increased confidence using supportive, trauma-informed communication.**

**Identify when additional support or referral may be appropriate.**

**Your health and well-being matter to EASE.**

Free for employees of EASE member organizations.

Registration is required to attend and receive the workshop recording.

**Questions? Contact EASE at 562-922-6683 or [ease@lacoedu](mailto:ease@lacoedu)**

**Sign Up**

**SEPT 9, 2026  
3 - 4 P.M. ONLINE**

Session Duration: 60 minutes

