

WORKPLACE MENTAL HEALTH: EMBRACING A POPULATION HEALTH FRAMEWORK



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Oregon Healthy Workforce Center
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Register: calaborlab.ucsf.edu/webinars

About the Webinar:

This presentation will explore the critical role of healthy leadership in supporting workers' mental health through a population health framework. The session is designed to provide evidence-based insights and practical guidance on how leaders (i.e., senior leaders, managers, supervisors) can support and protect mental health through proactive and responsive supportive strategies. A review of workplace psychosocial risk factors will be included along with a general discussion about how the workplace is a missing link in understanding and promoting population mental health.

Learning Objectives:

At the completion of this activity, the learner will be able to:

- Describe mental health from an occupational health and management perspective
- Identify how managers and front-line supervisors can support and promote mental health in the workplace
- Recognize the warning signs associated with deteriorating mental health
- Explain how managers can recognize warning signs and provide support to employees experiencing declines in mental health and well-being

Speaker:

Dr. Leslie Hammer is the Associate Director for Applied Research in the Oregon Institute of Occupational Health Sciences and Director of the Oregon Healthy Workforce Center, Total Worker Health® center of excellence, at Oregon Health & Science University. She is also a Professor Emerita at Portland State University and a leading international expert on workplace mental health, work and family, and occupational stress.

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