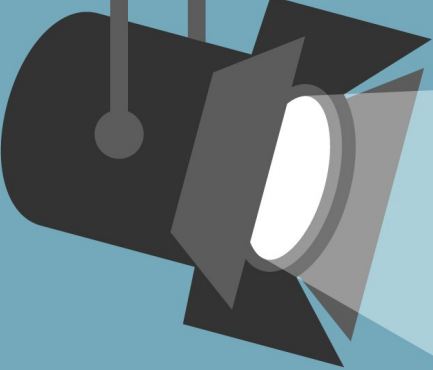




Seattle Sheds Light on Mental Health

AWARENESS WEEK

Seattle Human Resources (SHR) is hosting "Seattle Sheds Light on Mental Health," a citywide week of well-being activities, webinars, and keynote speakers to support employees.

The challenges of 2020 and 2021 have highlighted a need for more conversations about mental health and more resources to help employees and families.

During this week of awareness we aim to:

- Normalize self-care and mental health care
- Reduce the stigma of mental illness
- Elevate employee and family mental health resources and benefits
- Offer education opportunities
- Talk about anxiety, trauma, depression, coping, resiliency and growth

JAN 24-28, 2022



**What mental health
needs is more
sunlight, more
candor, and more
unashamed
conversation**

- Glenn Close

EVENTS

- Keynote speakers
- Workshops
- Educational webinars

SEATTLE.GOV

- Mental health resources
- Community programs & tools
- Event schedule

REACH WELL-BEING

- "Seattle Sheds Light" activities
- Log in & explore

WEBINARS AND KEYNOTE SPEAKERS SCHEDULE

Employees may explore mental health themes from the schedule below. Attend up to 2 hours on City time with supervisor's approval.

Special speakers are indicated in bold text.

MONDAY - JAN 24

Changing How We Think

About Mental Health at Work

9:00 am - 10:00 am

[Register](#)

Compassion Fatigue

11:00 am - 12:00 pm

[Register](#)

Fighting Mental Illness Stigma

12:30 pm - 1:30 pm

[Register](#)

TUESDAY- JAN 25

Mental Health

Balance at Work & Beyond

9:00 am - 10:00 am

[Register](#)

Understanding Depression

11:00 am - 12:00 pm

[Register](#)

Coping with Anxiety

12:30 pm - 1:30 pm

[Register](#)

WEDNESDAY - JAN 26

Dealing with Burnout

9:30 am - 10:30 am

[Register](#)

Mental Health Awareness in the Workplace

11:00 pm - 12:00 pm

[Register](#)

Resilience and Resistance

12:30 pm - 2:00 pm

[Register](#)

THURSDAY - JAN 27

Navigating Mental Health Care

9:30 am - 10:30 am

[Register](#)

PTSD Awareness

11:00 am - 12:00 pm

[Register](#)

Resilience

12:30 pm - 1:30 pm

[Register](#)

FRIDAY - JAN 28

Depression in Families

11:00 am - 12:00 pm

[Register](#)

The Power of Positive Thinking

12:30 pm - 1:30 pm

[Register](#)