



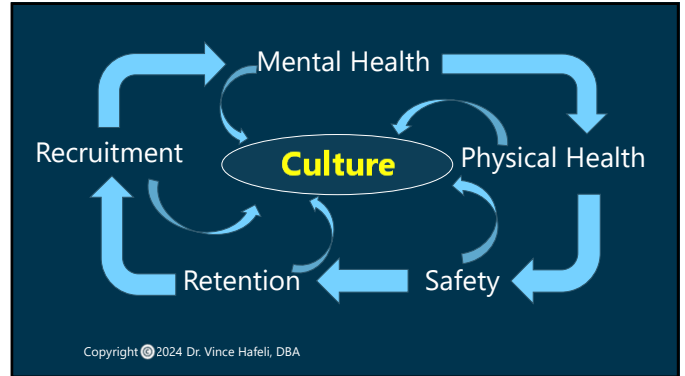






### Takeaways

- Mental health does not equate to mental illness.
- Warning signs.
- If you have concerns, ask.



### How Do We Address These Topics?

1. Keep it *simple*.
2. Leadership acknowledges the issue.
3. Build a network team.
4. Learn what tools you have in your EAP.
5. When appropriate, add to your EAP, if necessary.



### Tools to Assist

Phase 1



My Personal Story



### TEDx Talks

University of Mississippi



Aberystwyth Wales



Dr. Margaret Rutherford

