



Outlook

Register for Mental Health Recognize and Respond Trainings - 2023

From ADMTalentMgmt(Cognizant) <ADMTalentMgmt@cognizant.com>

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At Cognizant to mark World Mental Health Day (October 10), Cognizant is introducing new training to promote awareness on the importance of good mental health, empower associates to identify signs of concern, and provide guidance for how you can support someone. This includes a tailored training designed for People Managers to better equip them to enable a psychologically safe team.

Manager trainings are scheduled for October and associate trainings in November. Multiple sessions are held at times convenient for all.

Trainings are held at time zones across the globe. **Click the links to register for the training that works best for your schedule.** Each training is limited to 1,000 participants, so register today!

India Manager Training: Monday, October 30 at 4:00pm IST | [Register here](#)

India Associate Training: Wednesday, November 22 at 4:00pm IST | [Register here](#)

Program Outcome

This training program will enable you to :

- Learn why mental health is important
- Understand mental health and different conditions
- Recognize signs of concern
- Learn how to support a colleague / strategies for having a conversation with an associate in need of support
- Discover steps to take in a crisis / learn how to manage in a crisis

Don't miss this opportunity to learn how you can support your colleagues in need of support !!

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