



LIVE-TALK

Mad world

Mental Health in the workplace

INSITE-Talk for employees, executives and functionaries of our client companies and their family members

Our work influences how we feel: A positive working environment gives us stability, a sense of connection, and space for personal development. On the other hand, high expectations, performance pressure, and conflict can be extremely stressful. This is even more significant when someone is living with a mental health condition.

In our live talk, we will explore these two sides of the same coin. We will look at how work and mental health influence each other, and what it takes for work to become a supportive and empowering pillar of life.

We will take a particular look at mental health conditions: What does it mean to be in the workforce while living with a mental health condition? Can I be open about it, or do fear of disadvantages and stigma prevent me from doing so? We will address these sensitive questions openly and explore genuine options for action. We will also consider the role of managers and teams: What does an affected person need? What are the warning signs? What do I need as a colleague or a manager? Where can I help, and where are the limits of support?

Mental health in the workplace is not a private matter. It is most successfully supported where we take responsibility for one another and work together to strengthen our resources.

Our expert:



Katharina Staben

M.Sc. psychologist
Psychological psychotherapist
EAP counselor at INSITE

Questions to our expert (anonymous) are very welcome!

We look forward to your participation!



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KEY FIGURES OF THE LIVE-TALK

Technical requirements	Dial-in via a laptop or cell phone with loudspeaker function (headphones if necessary) – alternatively audio dial-in via telephone
 Course	Duration: 60 minutes ON24-webinar with prior registration
Costs	Free
Registration	Please register using the link below: Wednesday, 21.10.2026, start: 11 am <u>register here</u>  After successful registration you will receive your individual registration link by e-mail. Anonymous participation is possible. For this Live-Talk we use On24 – a platform for virtual events (see FAQ)



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Organizational matters an FAQs about the INSITE-Talk

- **Do I have to download anything to participate via ON24?**
No, participants do not need to download any software and can take part conveniently via their browser. After you have registered for the live talk, you will receive a participation link by E-mail, which you can simply use to dial in at the time of the live talk.
- **Is there a browser recommendation for using ON24?**
Chrome oder Edge
- **Will there be video and audio transmission form?**
No. Our live talks are recorded so that they can be made available to as many interested parties as possible afterwards. The setting of ON24 ensures that all participants are automatically connected without video and audio.
- **I do not want my name to appear. Is this possible?**
All participants are automatically anonymized by the system. You just have to provide a correct E-Mail address so that we can send you the participation link.
- **What are the security and data protection policies at ON24?**
The ON24 platform works on the basis of the GDPR. For more information, see www.on24.com/gdpr
- **Is it possible to participate by telephone?**
Yes, every Live-Talk can also be started via mobile devices.
- **When should I log in?**
Our ON24 platform is open to all participants from 15 minutes before the respective start time.