

Mental Health in Journalism Summit | Tue, 8 Oct, 15:00 - 15:50 CEST | [Program →](#)

How to Ask “Are You Okay?” Without Being Afraid of the Answer

Workshop

Session speaker/s

Ute Korinth



Presentation slides

[Presentation slides](#)



Resources

Add links that can help the attendees get the most out of your session: articles, examples, data, docs, slides



Session outline

The goal of this interactive workshop is to help overcome the fear of asking colleagues how they are feeling, even if they think the answer might be negative.



Session notes