Prioritize mental health before it hits your bottom line.

Create healthier and more engaged employees with Mental Health First Aid at Work, mental health training for employees at every level.

40% of employees say their jobs have a negative impact on their mental health.

Let’s talk → MHFA.org/Workplace

Why Mental Health First Aid?

It’s research-informed.

More than 40 peer-reviewed studies demonstrate increased mental health literacy, confidence in helping others and empathy toward distressed individuals.

It’s trusted by leading companies.

Cobranded or customized, in-person or online, for frontlines or boardrooms – Mental Health First Aid has been taught to millions.

It’s developed and delivered by experts.

Created and taught by quality-assured mental health experts.

“Mental Health First Aid (MHFA) allows employees to feel more prepared in professional and personal situations – and demonstrates the organization’s support for this important topic. MHFA At Work has provided awareness and the ability to understand that we all have a story how mental health has impacted us.”

- Laura Jeffries,
  Donor Alliance, Inc.

Trusted by leading companies nationwide.
Your Workforce’s Mental Health Challenges:

- **Untreated mental health conditions cost employers** $47.6 billion **in productivity each year**.
- **Unhealthy workplaces** have the **highest rates** of employees seeking out other positions, increased difficulty concentrating and the onset of mental health concerns due to work stress.
- **Three out of four employees** indicated that stigma was present in their workplaces.

Our Solution:

- **Reduces costs** associated with untreated mental health conditions.
- **Increases** employee productivity, morale and retention.
- **Creates a positive culture** that embraces the mental wellbeing of all employees and supports those in need of help.

94% of CEOs believe a health and wellness program is essential to attracting top talent.

Learning options for every employee:

**Intro**: Employees at all levels will learn how to help themselves and others. It also collects anonymous data on how they’re currently feeling.

**Certification**: Employees at all levels will master the skills needed to recognize and help coworkers with mental health and substance use challenges – and walk away certified.

**Champion**: A network of employees in your organization will be empowered to provide mental health and substance use support to other employees as the company’s go-to resource.

**Transform**: Management, HR and legal professionals from your organization discuss the current mental health culture and create a wellbeing strategy for your organization.

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