



Prioritize mental health before it hits your team and 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

“Mental Health First Aid at Work training has become a staple at Xylem. We first piloted these sessions in 2019 to raise mental health awareness and support throughout the company. This training has increasingly become more and more important during and post-pandemic. It has especially helped people leaders, human resources, and environmental health safety and security colleagues understand mental health illnesses on a deeper level and has given them the confidence and courage to handle any related situations that could potentially arise in the workplace. Unfortunately, these cases are on the rise, and it is important that leaders and colleagues across the company know how to address them with the utmost amount empathy and human care as possible. This training makes this possible.”

- Brooke Castillo, Xylem, Inc.

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.

Trusted by leading companies nationwide.



Your Workforce's Mental Health Challenges:

- ❑ Untreated mental health conditions cost employers **\$47.6 billion** in productivity each year.
- ❑ **Three out of four employees** indicated that stigma was present in their workplaces.

Our Solution:

- ❑ **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.



"I don't want my employees to be more engaged."

- No boss ever

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 practice the skills needed to recognize and help co-workers 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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