



Prioritize mental health — from the back of house to the front door — before it hits your team and your bottom line.

Create healthier and more engaged employees with Mental Health First Aid at Work for Restaurants, 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 (MHFA) at Work provides participants with a deeper understanding of what mental health is, why it is important, and what they can do to support themselves and the people around them.

- Michaela Hjelm
Wellness Program Manager at
Trident Seafoods Corporation

Why Mental Health First Aid at Work for Restaurants?

It's flexible.

With self-paced eLearning and Instructor-led courses, we offer mental health training options that can adapt to the often unpredictable restaurant and food services environments.

It's trusted by leading companies.

Cobranded or customized, in-person or online, for frontlines or boardrooms – we've taught Mental Health First Aid 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:

- ❑ Food and beverage industries scored in the **bottom 10%** for workplace mental health.
- ❑ **80% of employees** in restaurant and foodservice industries report feeling burned out.

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.

Create an environment employees want to stay in.



92%

of employees felt confident in communicating and supporting colleagues experiencing a mental health or substance use challenge after taking the training.



97%

of employees felt the course was valuable and that what they learned will be useful in the workplace.



“I don't want my employees to learn safer ways to cope with stress on the job.”

- 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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