

# Transforming Workplace Mental Health: A Proven Approach to Support and Success



Mental Health  
FIRST AID

from NATIONAL COUNCIL FOR  
MENTAL WELLBEING

## Evaluating the impact of Mental Health First Aid at Work

As a business leader, you know the importance of supporting your employees' mental health and creating a culture that reduces stigma. But you might be asking yourself: **How effective is a mental health training course?**

The National Council for Mental Wellbeing continuously evaluates its curriculum to ensure our products, including Mental Health First Aid (MHFA) at Work, are relevant and impactful. Our research-backed approach guarantees that your investment of time, effort and resources will lead to lasting improvements in your workplace.

As your company starts its mental wellbeing journey, let's explore how MHFA at Work has helped more than 4,000 First Aiders improve their literacy and boost confidence to support colleagues — making a lasting difference in workplaces just like yours.

## MHFA at Work Intro

MHFA at Work Intro is a 2-hour self-paced online course that introduces employees to workplace wellbeing practices and teaches employees how to understand and reduce stigma in the workplace.

### What Sets MHFA at Work Intro Apart



#### RELATABLE CONTENT

**88% of participants said the course was relevant to their daily lives.**



#### EASY TO NAVIGATE

**Online participants found the interactive features and narration particularly effective in helping them engage with and retain the material.**



#### INCREASES CONFIDENCE

**87% of participants are confident they can help a coworker and intend to take action.**



#### PREPARES LEADERS

**People leaders found that the course equipped them speak to their staff and refer them to help.**

### Participants Agree: This Training Works



**"I have managed two employees with mental health challenges, and I was not adequately trained to handle them. I feel more equipped now."**



**"I could relate to the situations laid out in the training."**







**"I think this should be mandated training for all employees."**

# MHFA at Work Certification

MHFA at Work Certification is a 4-hour course that helps employees master the skills needed to recognize and respond to a coworker who may be experiencing a mental health or substance use challenge or crisis. At the end of the training, participants become certified in Mental Health First Aid at Work.

## What Sets MHFA at Work Certification Apart

 <b>RELATABLE CONTENT</b> <i>76% of participants said the course was relevant to their daily lives.</i>	 <b>TANGIBLE TAKEAWAYS</b> <i>75% of participants said the training increased their mental health knowledge.</i>
 <b>INCREASES CONFIDENCE</b> <i>95% of participants are confident they can help a coworker and intend to take action.</i>	 <b>PROFESSIONAL DEVELOPMENT OPPORTUNITIES</b> <i>93% of participants are interested in taking another MHFA course.</i>

## Participants Agree: This Training Works

*“I have a responsibility to my colleagues, and the better prepared I am to help, the better our organization can be.”*

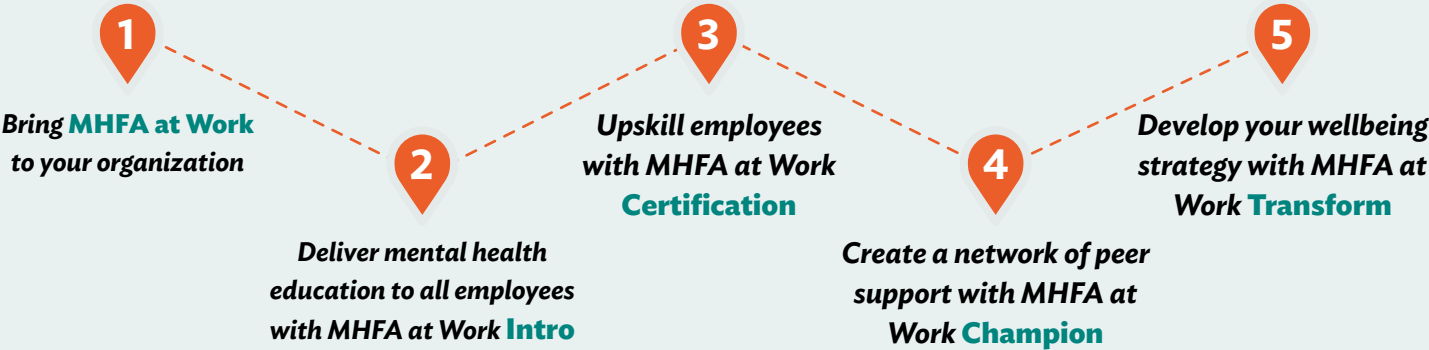
*“Now I have the tools to be of service to those who come to me as a confidant at work.”*

# Build a resilient, supportive workplace with Mental Health First Aid at Work

Equip employees with practical self-care strategies and the confidence to recognize and appropriately engage when a colleague may be facing a mental health or substance use challenge. Choose individual trainings or invest in a comprehensive, scalable program that builds a culture where mental wellbeing is prioritized, supported, and sustained.

Ready to get started with MHFA at Work? [Get in touch.](#)

## ROADMAP TO A HEALTHIER, MORE ENGAGED WORKPLACE



Learn more about MHFA [research and evaluation initiatives](#) and the full research summary on MHFA in the United States.