

Mental Health Foundations CERT

Practical tools for staying energized, focused, and resilient

Mental Health Foundations CERT provides the essential knowledge and strategies you need to manage stress, prevent burnout, and foster resilience in the workplace. The program will equip you with actionable tools to maintain your energy, purpose, and wellbeing — so you can show up as your best self personally and professionally!

Mental Health
Foundations
CERTIFIED

powered by **Headversity**

Why it matters to you

Positive mental health is integral to high-performing teams. But do you know what to say or do to support stressed or struggling employees? This program helps you:

- **Sustain your energy:** Build habits that keep you focused, motivated, and ready for what matters most.
- **Identify and regulate your emotions:** Strengthen self-awareness and respond with calm and clarity.
- **Reduce overwhelm and burnout:** Protect your wellbeing with strategies that help you stay resilient and engaged.



What to expect

- **Earn your certification:** A quick and effective 40-minute online session.

Pro tip:

Share your certification with your LinkedIn network in just a few taps!

- **Put it into action:** Learn through relatable scenarios and actionable tips—not dry lectures!
- **Keep growing:** Stay sharp with periodic bite-sized activities to strengthen your leadership skillset.

How to get started

1. Scan to access on the web or mobile app (available on iOS and Android).
2. Register with your e-mail address and invite code **SARMCERT**



Need help?

Contact our support team at help@headversity.com