

MAYOR'S FUND  
TO ADVANCE  
NEW YORK CITY



# Get Your Team Trained in **Mental Health First Aid** FREE for any NYC Business

## What is Mental Health First Aid?

- \* Mental Health First Aid is a national program that teaches individuals how to **identify, understand** and **respond** to signs of mental illness and substance misuse.
- \* The **8-hour training** provides **the skills to provide initial support** when someone nearby experiences a mental health crisis.
- \* The training covers topics including: safety, depression, anxiety, psychosis, bipolar disorder, and substance use.
- \* Licensed trainers and materials are **brought to you, when you want**, all for free.

## Why Train Employees?

- \* Every year, **1 in 5 adult New Yorkers** experience a **mental health issue** leading to increased leave time and an estimated \$14 billion in annual productivity losses in NYC.
- \* A recent WHO-led study estimated that **every \$1 invested** in prevention and treatment provides a return of \$4 in improved health and productivity to the US economy.
- \* Mental illness and substance misuse affect everyone, and increasing awareness contributes to a happy and healthy workforce!

## How do I sign up?

- \* Email us at [thriveoutreach@cityhall.nyc.gov](mailto:thriveoutreach@cityhall.nyc.gov) to set up training or ask a question.
- \* **Learn more** by visiting: [www.nyc.gov/mhfa](http://www.nyc.gov/mhfa)



**CHOOSE THE BEST WORDS**

Sign up at [nyc.gov/mhfa](http://nyc.gov/mhfa)