DOES MENTAL HEALTH IMPACT YOUR PLACE OF EMPLOYMENT?

Request a Training on Workplace Wellness

MENTAL HEALTH AT WORK

Mental health in the workplace affects us all, whether we are employers or employees. **One in four Americans** will experience some form of mental illness in any given year, which means most business leaders will likely supervise a worker with mental illness at some point in their careers.

According to research by Harvard University Medical School, untreated mental illness costs the U.S. at least **$105 billion** in lost productivity each year. Despite the prevalence of mental illness and the high cost to employers, most workplaces do very little to improve their organizations mental health.

As an employer, we can cut our costs, enhance our employees' health and create a productive, appreciative workforce by building mental health in our workplace.

Training and Consultation Fees:
Determined based on volume, frequency and location*

CONTACT US:

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MIND THE WORKPLACE

ABOUT THE TRAINING:

Part 1 (60-90 minutes):
Guidance for Management, HR, EAP and other professional staff

- Types and impact of mental illnesses.
- How having mentally healthy employees lowers costs.
- Reasons why employers should care about their employees' mental health.
- Ways employers can create mental health-friendly workplaces.

Part 2 (120 minutes):
Guidance for Managers, Supervisors, and Leaders

- Promoting mental health in the workplace.
- Recognizing when there may be a mental health issue with an employee.
- Addressing employees who are showing performance and mental health issues.
- Locating resources, finding assistance, and offering "suggested" reasonable accommodations for employees.
- Creating a plan for success at work.

Part 3 (As Needed):

- Individual consultation available to furthering a mental health at work program or addressing specific employee needs.