

Mental Health Essentials for Workplaces



ABOUT THE PROGRAM

Workplace teams will learn to:

- Recognize the different states of mental health
- Identify when they or a colleague may need mental health support & know where to turn for professional or workplace resources
- Navigate how & where to access mental health support within & beyond the organization
- Use strategies to promote personal well-being & contribute to a mentally healthy work environment
- Support a positive & engaged workplace culture

Evidence-based

*Delivered by
experienced clinicians*

*Offered virtually or
in-person*

Direct Delivery: 60 minutes or 90 minutes

“Knowledge is power, especially surrounding mental health...Thank you so much for this information!”

THE CIGNA GROUP EMPLOYEE



Mental Health Collaborative is a nonprofit organization that provides evidence-based programs on the 4 components of mental health literacy: obtaining and maintaining good mental health, understanding mental illnesses, decreasing stigma, and knowing when, where, and how to get help. Our programs are backed by Mental Health America, the JED Foundation, and the National Academy of Health and Physical Literacy.

To learn more about this program, contact us at
508-625-1660, info@mentalhealthcollaborative.org
or visit mentalhealthcollaborative.org