

MENTAL HEALTH FIRST AID AT WORK:

SUPPORTING HEALTHY, HAPPY, HIGH-PERFORMING WORKPLACES



MENTAL HEALTH FIRST AID® AT WORK

MENTAL HEALTH MATTERS AT WORK...

70 PERCENT

of Americans with **depression** are in the workforce.

35 MILLION

workdays lost each year due to **mental illness**.

\$105 BILLION

Cost of untreated mental illness in the U.S. each year - mostly due to **lost productivity**.

MENTAL HEALTH FIRST AID AT WORK CAN HELP...

After training in Mental Health First Aid, employees reported **increased confidence** in their ability to:

Recognize signs of someone who may be struggling with a mental health or substance use challenge.

67%
INCREASE

Reach out to someone who may be dealing with a mental health or substance use challenge.

56%
INCREASE

Connect a distressed person with the appropriate resources in accordance with company policies.

47%
INCREASE

CREATING A CULTURE OF HEALTH

Research shows that when employees succeed in life, they succeed in their jobs. They are more:



PRODUCTIVE



ENGAGED



LOYAL



GOAL-ORIENTED

Incorporate Mental Health First Aid at Work as a healthy workplace practice.

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