MENTAL HEALTH FIRST AID AT WORK:
SUPPORTING HEALTHY, HAPPY, HIGH-PERFORMING WORKPLACES

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.

WWW.MENTALHEALTHFIRSTAID.ORG/AT-WORK