



TAKE MEANINGFUL ACTION: HELP SUPPORT EMPLOYEE MENTAL HEALTH AND WELL-BEING!

ABOUT THE ACADEMY

The Indiana Workplace Wellness Training Academy is an initiative of the Indiana Chamber of Commerce's Wellness Council of Indiana in collaboration with the Indianapolis Colts' Kicking The Stigma program. It equips workplaces with practical skills to support mental health, reduce stigma and strengthen organizational culture.

Through expert-led training, participants learn how to recognize challenges, respond with confidence and connect individuals to appropriate support.

TRAINING EXPERIENCES INCLUDE

- ◆ Mental Health First Aid (MHFA)
- ◆ Question, Persuade, Refer (QPR) and Naloxone education
- ◆ The Working Mind
- ◆ Mental Health Support Skills Refresher

WHAT THE ACADEMY OFFERS

- ◆ Nationally recognized, evidence-based training
- ◆ Interactive, instructor-led learning (virtual and in person)
- ◆ Practical skills that can be applied immediately in the workplace
- ◆ Flexible training options for individuals and organizations

WHO SHOULD PARTICIPATE

- ◆ Employers, HR professionals and people leaders
- ◆ Supervisors, managers, safety and wellness teams
- ◆ Employees at all levels
- ◆ Organizations of any size or industry

WHY IT MATTERS

Equipping employees with mental health skills helps workplaces respond effectively to challenges, strengthen culture and support a healthier, safer workforce.

TAKE THE NEXT STEP

- ◆ Register for upcoming training
- ◆ Bring training to your organization
- ◆ Invest in professional development to support workplace well-being

Questions? Please contact us at info@wellnessindiana.org

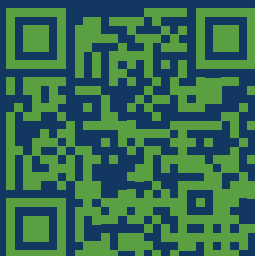
INDIANA WORKPLACE WELLNESS TRAINING ACADEMY



WELLNESS
COUNCIL
OF INDIANA™



KICKING
THE
STIGMA



www.indianawellnessacademy.org