

RECOGNIZE. RESPOND. SUPPORT MENTAL HEALTH IN THE WORKPLACE.

ABOUT THIS TRAINING

Mental Health First Aid (MHFA) equips participants with practical skills to recognize and respond to mental health and substance use challenges. Participants learn how to start supportive conversations using the ALGEE action plan and connect individuals to appropriate resources.

The Wellness Council of Indiana delivers the Adult Blended MHFA model, combining self-paced online learning with a live, instructor-led session. Participants who complete the training earn a three-year MHFA certification.

TRAINING DETAILS

- ◆ Duration: eight hours total (single day)
- ◆ Pre-work: two-hour online modules
- ◆ Format: in-person, virtual and on-site delivery
- ◆ Capacity: up to 15 participants for virtual | up to 30 participants for in person/onsite
- ◆ Continuing Education Units (CEUs): SHRM and HRCI eligible

WHO SHOULD ATTEND

- ◆ Employees at all levels
- ◆ Supervisors, managers and team leaders
- ◆ HR professionals, safety and wellness teams

WHAT PARTICIPANTS LEARN

- ◆ Recognize signs of emerging or worsening mental health challenges
- ◆ Engage in supportive, stigma-free conversations
- ◆ Apply the ALGEE step-by-step action plan
- ◆ Connect individuals to professional and community resources

WHY IT MATTERS

Mental health challenges affect one in five U.S. adults and one in five Indiana adults, contributing to as many as 200 million lost workdays each year. Yet fewer than 10% of employees feel their workplace is free of mental health stigma. MHFA equips individuals with the skills to recognize concerns, respond with confidence and support a healthier workplace.

TAKE THE NEXT STEP

- ◆ Click the QR code to view upcoming sessions and register
- ◆ Learn about WCI membership at wellnessindiana.org



Questions? Please contact us at
info@wellnessindiana.org

MENTAL HEALTH FIRST AID FOR THE WORKPLACE

INDIANA WORKPLACE WELLNESS TRAINING ACADEMY



www.indianawellnessacademy.org