

Why Invest in Mental Health Training for Employees?

DID YOU KNOW ?

One-sixth (17%) of respondents said that they missed more than **10 days of work** in the past year because of mental health challenges.

According to Gallup, **40%** of employees say stress in their jobs **harms their mental health.**

- Job performance and productivity.
- Engagement with one's work.
- Communication with coworkers
- Physical capability and daily functioning.



Why Offer

Mental Health First Aid Training

DID YOU KNOW ?

Poor mental health and stress can negatively affect employees in multiple ways:

- Job performance and productivity.
- Engagement with one's work.
- Communication with coworkers.
- Physical capability and daily functioning

So what can employers do?

- Provide Mental Health First Aid Class
- Provide activities that **promote self-care** among employees
- Provide employees with self-care and **support strategies** by sharing the **MHFA Collaborative's Mental Health Resources App**

