

Adult Mental Health First Aid Training

A variety of factors have a profound effect on the mental health of your employees — from financial insecurities to health issues, to work and family stress.



Mental Health
FIRST AID

from NATIONAL COUNCIL FOR
MENTAL WELLBEING

Mental health matters at work:

- **1 in 5** adults experience a **mental health disorder** in any one year
- **70 percent** of Americans with **depression** are in the workforce
- **25 million** workdays are lost each year due to mental illness
- **105 billion** is the cost of untreated mental illness in the U.S. each year, mostly due to **lost productivity**

Creating a culture of health at work is possible

By making small changes in your workplace environment and providing resources and training to employees to improve theirs and others' mental health, you can create a safer and healthier workplace for all employees and can see a significant savings in health care-related costs and productivity.

The costs of mental health for inpatient treatment are:

- **\$6,990** for **8.4 days** for depression
- **\$4,591** for **5.2 days** for drug use disorder
- **\$5,908** for **6.2 days** for alcohol use disorder
- **\$4,356** for **5.5 days** for bipolar disorder

- U.S. National Library of Medicine National Institutes of Health

Help your employees recognize the risk factors of mental health

One Solution: The Mental Health First Aid Training Class.

A training course designed to give your employees the skills to help someone who is developing a mental health problem or experiencing a mental health crisis. Just as CPR training helps a layperson without medical training assist an individual following a heart attack, Mental Health First Aid training helps a layperson assist someone experiencing a mental health crisis.



Learn More

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MMA's Certified Mental Health First Aid trainers will help attendees:

- Recognize the potential risk factors and warning signs of mental health problems, including: depression, anxiety, trauma, psychosis and psychotic disorders, substance use disorders, eating disorders and self-injury
- Connect a distressed person with the appropriate resources in accordance with your organization's policies
- Assess their own views and feelings about mental health problems and disorders
- Reach out to someone who may be dealing with a mental health issue

The result: Mental Health First Aid evidence demonstrates that it makes people feel more comfortable managing a crisis situation and builds mental health literacy — helping your staff identify, understand, and respond to signs of mental illness.

Mental Health First Aid has strong evidence backing it. Three quantitative studies and one qualitative study have shown that the program:

- Improves people's mental health
- Connects more people with care
- Increases understanding of mental health issues and treatments
- Reduces stigma

Options for class structure

Note: Due to COVID-19 restrictions, not all courses may be available. Please contact MMA for additional guidance on format.

Onsite Course

- Two hours online self-paced pre-work (MUST be completed prior to live course)
- Six-and-a half hours onsite live class with group

Virtual Course

- Two hours online self-paced pre-work (MUST be completed prior to Zoom course)
- Six-and-a half hours live course with instructors via Zoom

Creating a culture of health

Research shows that when employees succeed in life, they succeed in their jobs. They are more productive, engaged, loyal and goal-oriented.

Contact Marsh & McLennan Agency to incorporate Mental Health First Aid in your workplace as part of your culture of health.



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