



# ACE Mental Health Program

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## LEVEL UP CONSULTANTS

ELEVATING YOUR COMPANY CULTURE

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# ***DON'T GAMBLE WITH THE MENTAL HEALTH OF YOUR TEAM***

***When you think about jobsite hazards, physical risks are probably at the top of the list. An unprotected fall, an unmarked restricted zone... but what about the dangers you can't see?***



In an era where mental health challenges are pervasive, the ACE Mental Health Awareness Program emerges as a comprehensive and impactful initiative to address the critical need for understanding, support, and advocacy within our work environments. Designed to foster a culture of support and resilience, ACE is a strategic response to the growing mental health crisis.

Developed through extensive research with mental health professionals, educators, and community leaders, this collaborative effort provides a curriculum that covers key topics to understanding mental health, improving communication skills and support strategies.





# ACE Mental Health Program

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*Mental health concerns impact productivity, collaboration, safety and overall employee well-being. The ACE program recognizes the imperative for a proactive and collective approach to mental health awareness. Our goal is to empower your employees both in and outside of the workplace.*

## **GOALS, OBJECTIVES, & PROGRAM OUTLINE:**

### **Session 1: ADVOCATE**

Advocating Awareness & Knowing the Facts - Break down barriers by cultivating an atmosphere where mental health is openly discussed and stigmas are dismantled.

### **Session 2: COMMUNICATE**

Communication & Active Listening- Develop effective communication skills to encourage dialogue, empathy, and support among team members.

### **Session 3: EDUCATE**

Educating Your Team (and Yourself) - Equip individuals with the knowledge and resources necessary to support their team, promote self-care, stress management, and provide meaningful assistance.

**Total number of sessions:** (3-5) training lessons based on choice of program. *Sessions 1 and 2 can be two lessons each should you choose to have a more in depth program.* This is an interactive format with encouraged participation for dialogue amongst peers. All sessions are led by Mandy McIntyre virtually via Zoom or in-person at your location (pricing for in-person varies with additional travel charges) . Each session is 60 minutes.

### **Learning Objectives:**

- Understanding mental health: ACE provides a foundational understanding of mental health concepts, dispelling myths and promoting a more informed perspective.
- Recognizing signs & symptoms: Equipping your team with the ability to identify signs of distress enables early intervention and support.
- The power of stress management: it's not about avoiding challenges, but navigating them with resilience and balance to unlock your full potential.

### **Implementation and Sustainability:**

- Strategic Planning: ACE outlines a plan ensuring that the program's impact is both immediate and enduring. Scheduling based on a format (virtual or in-person) and in alignment with your organizational goals.
- Long-Term Impact: By integrating mental health awareness into your culture, ACE establishes a foundation for lasting change.





# THE ROI WITH MENTAL HEALTH TRAINING

## WORKPLACE SAFETY

**1 in 5  
Americans will  
experience a  
mental health  
challenge or  
crisis this year.**

Helps identify those at risk and connects them to resources and support. It also helps people reduce and manage stress.

## COMPANY PROFITABILITY

**Every \$1  
investment in  
promoting  
mental health  
has a \$3 - \$5  
return.**

The cost of doing nothing about workplace mental health is significantly higher than investing in evidence-based prevention and treatment.

## RECRUITMENT & RETENTION

**76% of people  
believe companies  
should be doing  
more to support  
the mental health  
of their workforce.**

Investing in workplace mental health and wellness increases retention, recruitment, and productivity.

Sources:

Centers for Disease Control and Prevention (CDC)

Society for Human Resource Management (SHRM)

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# WHAT YOU RECEIVE AFTER COMPLETING THE ACE MENTAL HEALTH PROGRAM:



- AN ENHANCED COMPANY CULTURE AND SAFER WORK ENVIRONMENT
- EMAIL ACCESS FOR ONGOING SUPPORT
- INDUSTRY RECOGNITION FOR PROGRESSIVE SAFETY MEASURES
- DIGITAL PROGRAM WORKBOOK
- CUSTOMIZED RESOURCE GUIDE
- MENTAL HEALTH TOOLBOX TALKS
- 988 & ACE HARDHAT STICKERS



The ACE Mental Health Program is a solution and commitment to the safety and well-being of your team. By embracing ACE, your organization can spearhead a transformative movement, fostering a workplace where mental health is prioritized and every individual is empowered to thrive. Together, we'll build a resilient and supportive company culture that not only recognizes the importance of mental health, *but actively endorses it.*



# ABOUT US



## MANDY MCINTYRE

Founder & Principal, Level Up Consultants  
Certified Mental Health First Aid Instructor

Mandy McIntyre is the visionary behind Level Up Consultants. Prior to venturing into entrepreneurship, she amassed a decade of experience in the roofing industry, holding the position of Vice President at a Cleveland-based roofing contractor. Mandy's roots in construction run deep, having grown up in a family that owned and operated a small general contracting business.

Dedicated to fostering diversity, equity, and inclusion, Mandy currently serves as the Chair of the DEI Committee on the Board of Directors for National Women in Roofing. Her commitment to mental health advocacy is evident in her role on the Construction Suicide Prevention Steering Committee. Here, she collaborates with OSHA and industry supporters to raise awareness about mental health in the construction sector.

Mandy wears multiple hats as a registered Mental Health First Aid instructor certified by the National Council for Mental Wellbeing. Additionally, she is a Yoga Alliance-certified yoga and meditation instructor, blending holistic approaches to well-being. Mandy's pursuit of knowledge is reflected in her completion of Cornell University's DEI program and Harvard University's Leadership Principles program, showcasing her dedication to personal and professional growth.

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**EMPOWER YOUR TEAM.  
BREAK THE STIGMA.  
SAVE LIVES.**



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to learn more and register your business  
for training.



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