

Mental Health First Aid for the Workplace



*It takes more than a hard hat
to keep a head safe.*



LEVEL UP CONSULTANTS

ELEVATING MENTAL HEALTH IN THE WORKPLACE

www.levelup-mentalhealth.com

Safety, for ourselves and our coworkers includes mental health & wellness.

**WHEN YOU THINK ABOUT
WORKPLACE SAFETY
HAZARDS, PHYSICAL RISKS
ARE PROBABLY AT THE TOP
OF THE LIST ... BUT WHAT
ABOUT THE DANGERS YOU
CAN'T SEE?**



Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. This training gives you the skills to provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care. It is a valuable resource to make a difference in the lives of your employees, their coworkers and families, and the community.



WHAT YOU WILL LEARN

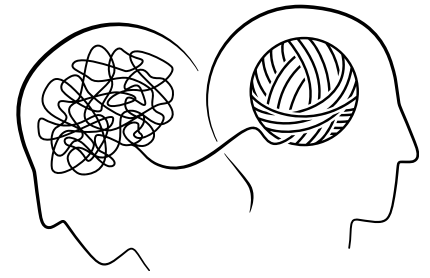
By taking steps to build a more resilient workforce with mental health initiatives, you can help your employees better manage their high-demanding jobs, stay balanced when faced with strong emotions, and support each other in difficult times.



- **Noticing signs and symptoms of substance use and mental health challenges.**
- **Navigating conversations about mental health or substance use concerns.**
- **Knowing that recovery is possible – and how to actively support it.**
- **Tackling mental health stigma in the workplace.**
- **Principles of safety and privacy.**
- **Building resilience and strategies to alleviate burnout.**
- **How to connect a person with help.**
- **How to interact with a person in crisis.**
- **Expanded content on the importance and value of self-care.**



WHAT YOU RECEIVE AFTER COMPLETING MENTAL HEALTH FIRST AID TRAINING:



- ✓ **3 year certification from the National Council for Mental Wellbeing**
- ✓ **An enhanced company culture and safer work environment**
- ✓ **Industry recognition for progressive safety and wellness measures**
- ✓ **Mental Health First Aid Manual**
- ✓ **Mental Health First Aid Participant Processing Guide**
- ✓ **Mental Health Resource Guide**
- ✓ **PDF posters and other media for advocating mental health awareness in the workplace**
- ✓ **Continued support and communication from Level Up Consultants**



FORMAT & ACCREDITATION



THREE WAYS TO LEARN:

1

In-person - Learners receive their training during an 8 hour, Instructor-led, in-person session. Groups of up to 30 people per training.

2

Blended - Learners complete a 2-hour, self-paced online course, then participate in a 6 hour, Instructor-led training. ***This Instructor-led training can be:***

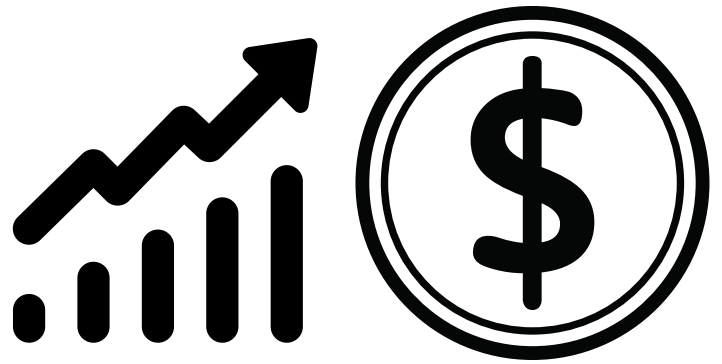
3

- *Blended virtual Zoom course (up to 25 people per class)*
- *Blended in-person course (up to 30 people per class)*

Fully accredited through the National Council for Mental Wellbeing, our Mental Health First Aid trainings provide a 3 year certification upon completion of the program.



THE ROI OF 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)



ADDITIONAL SERVICES:

- Speaking Engagements
- Stress Management Workshops
- EOS Fractional Integrator
- Leadership Workshops
- Wellness Programs
- Diversity, Equity & Inclusion Programs
- Women's Empowerment in the Workplace
- Company Culture Assessments
- Custom curated sessions available

The business case for wellness & mental health initiatives are clear:
*if you want employees to perform well,
they have to FEEL well.*



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.



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



Invest in Mental Health First Aid Certification

Email mmcintyre@levelup-consultants.com
to learn more and register your business
for training.



LEVEL UP CONSULTANTS

ELEVATING MENTAL HEALTH IN THE WORKPLACE

www.levelup-mentalhealth.com