

MENTAL HEALTH FIRST AID FOR THE CONSTRUCTION INDUSTRY



LEVEL UP CONSULTANTS

ELEVATING YOUR COMPANY CULTURE

www.levelup-consultants.com

IT TAKES MORE THAN A HARD HAT TO KEEP A HEAD SAFE.®

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?



Construction has one of the highest suicide rates than any other industry.

Source: Centers for Disease Control and Prevention (CDC)





WHY MENTAL HEALTH FIRST AID?

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)



WHAT YOU WILL LEARN

Mental Health First Aid (MHFA) teaches you how to identify, understand, and respond to signs of mental health and substance use challenges among adults.



- 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 support it.
- Tackling mental health stigma in the construction industry.
- Risk factors construction workers face - and how to combat them.
- 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 construction industry mental health statistics.



PROGRAM AGENDA & SAMPLE SLIDES

Segment	Topic
1	Welcome to Mental Health First Aid for Construction
2	MHFA Self-Paced Introduction Recap
3	ALGEE: Mental Health First Aid Action Plan
4	MHFA for Early Signs and Symptoms
5	MHFA for Worsening Signs and Symptoms
6	MHFA for Crisis Situations
7	Self-Care for the Mental Health First Aider

ACTION 1: LISTEN NONJUDGMENTALLY

LISTEN NONJUDGMENTALLY

Effective nonjudgmental listeners pay special attention to two main areas:

- **Verbal cues** and how they are conveyed.
- **Nonverbal cues** and how they are conveyed.



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SKILL DEVELOPMENT: EARLY SIGNS AND SYMPTOMS GROUP SCENARIO

- **A**ssess for risk of suicide or harm.
- **L**isten nonjudgmentally.
- **G**ive reassurance and information.
- **E**ncourage appropriate professional help.
- **E**ncourage self-help and other support strategies.



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CRISIS SITUATIONS: YOUR ROLE

During a crisis, your **role** is to:

- Try to work together to keep the person and others **safe for now**. If you can't, get help immediately.
- Utilize the other steps of ALGEE to **de-escalate** the situation and connect to appropriate professional help, as appropriate.



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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*
- ✓ *Email access for ongoing support*
- ✓ *Industry recognition for progressive safety measures*
- ✓ *Mental health manual & construction industry resources*
- ✓ *Mental Health Toolbox Talks & Hard Hat Stickers*



WAYS TO LEARN & ACCREDITATION

THREE WAYS TO LEARN



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



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:



- A virtual Zoom course (up to 25 people per class)

- An in-person course (up to 30 people per class)



ACCREDITED

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.

NATIONAL COUNCIL
for Mental Wellbeing

HEALTHY MINDS ■ STRONG COMMUNITIES



ADDITIONAL SERVICES:

- Mental Health Awareness Workshops
- Construction Suicide Prevention Training
- Stress Management Workshops
- Diversity, Equity & Inclusion Programs
- Company Culture Assessments
- Leadership Workshop for Foremen & Supervisors in Construction
- Gender Equity: Women in Construction

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



ABOUT US



MANDY MCINTYRE

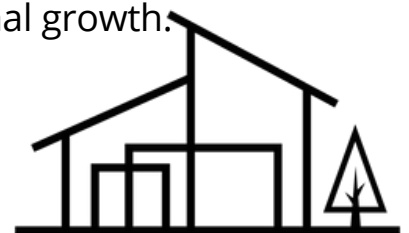
Founder / Principal, Level Up Consultants
Certified Mental Health First Aid Instructor

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.

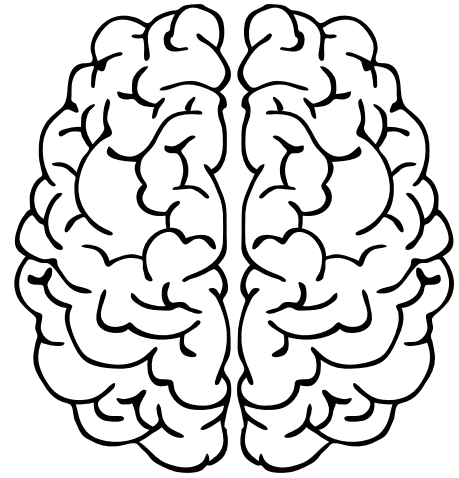
Dedicated to fostering diversity, equity, and inclusion, Mandy currently serves as the Chair of the DEI Committee on the Board of Directors for National Women in Roofing.

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 around 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. She is a certified yoga and meditation instructor through the Yoga Alliance, blending holistic approaches to employee 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.*



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