

Mental Health First Aid for the Roofing & Construction Industry



*Safety on the jobsite is
more than physical.*



LEVEL UP CONSULTANTS

ELEVATING THE ROOFING & CONSTRUCTION INDUSTRY

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 the highest suicide rates than any other industry. A 2020 study found that a staggering 83% of construction workers have experienced a mental health issue.

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 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 trauma, substance use and 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*
- ✓ *Mental Health Toolbox Talks*
- ✓ *Industry recognition for progressive safety measures*
- ✓ *Hardhat sticker, mental health manual & resources*
- ✓ *Private LinkedIn Group for ongoing support*

**SAFETY
FIRST**



WAYS TO LEARN & ACCREDITATION

THREE WAYS TO LEARN



In-person - Learners receive their training during a 7.5 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 4.5 - 5.5 hour, Instructor-led training.

This Instructor-led training can be:



- A virtual Zoom course (up to 15 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

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ADDITIONAL SERVICES:

- Mental Health Awareness Workshops
- Stress Management Workshops
- Mindfulness Workshops
- The Value of Self-Care Workshops
- Diversity, Equity & Inclusion Programs
- Women's Empowerment in the Workplace
- Company Culture Assessments
- Leadership Innovation & Revitalization

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

Owner, Level Up Consultants

Certified Mental Health First Aid Instructor

Mandy McIntyre is the Owner of Level Up Consultants in Cleveland, Ohio. Before starting her own business, she was Vice President of 1st Choice Roofing Company in Cleveland where she worked for nearly 10 years in the roofing industry. She has been around construction most of her life as her family owned and operated a small general contracting business.

A dedicated member of National Women in Roofing, she is on the Diversity, Equity & Inclusion (DEI) Committee and is Chair for the Cleveland Council. As a roofing “influencer” for RoofersCoffeeShop.com, she is featured monthly for her insight within the roofing industry.

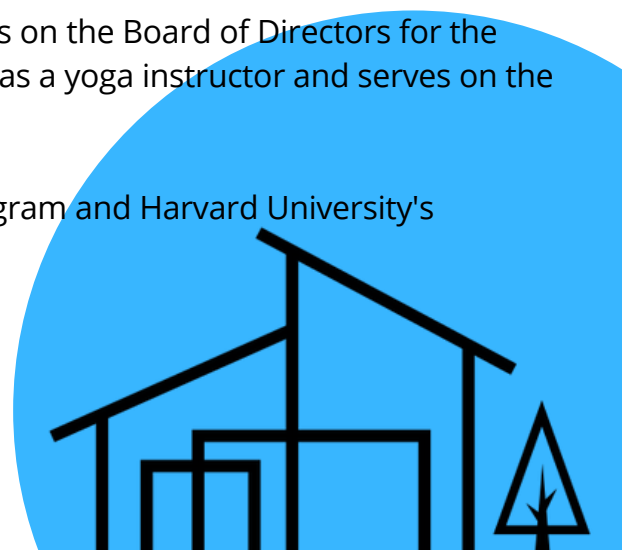
A change agent for mental health awareness, she is a certified Mental Health First Aid Instructor through the National Council for Mental Wellbeing and serves on the Construction Suicide Prevention Taskforce collaborating with OSHA and other supporters in the industry to promote mental health awareness.

Mandy is a certified yoga and meditation instructor and practices reiki therapy. In 2022 she started a non-profit organization, The Yoga Hawk Foundation, with a mission to provide equitable access to yoga, meditation, and holistic therapy to marginalized communities in Northeast Ohio.

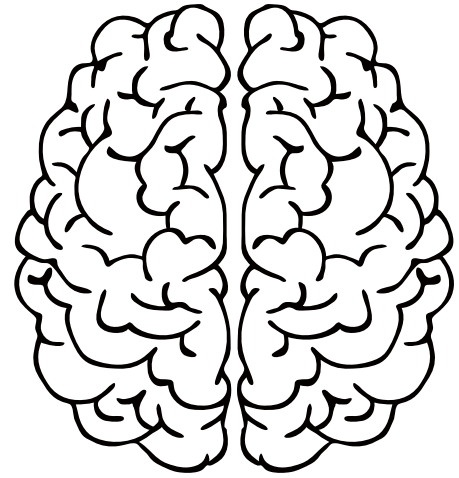
An advocate for philanthropy and community involvement, she is on the Board of Directors for the Hitchcock Center for Women in Cleveland where she volunteers as a yoga instructor and serves on the Building Committee.

She has completed Cornell University's Diversity & Inclusion program and Harvard University's Leadership Principles program, respectively.

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**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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