

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

1 in 5

Adults experience a mental health disorder in any one year

70%

of Americans with depression are in the workforce

Mental health matters at work:

- **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 average 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



[Learn more](#)

Help your employees recognize mental health challenges and how to support others

Mental Health First Aid is 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.

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
- Reach out to someone who may be dealing with a mental health issue
- 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

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 increases understanding, and connects people with care, along with reducing the stigma of mental health issues and treatments.

Options for class structure

Onsite Course

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

Virtual Course

- Two hours online self-paced prework (MUST be completed prior to Zoom course)
- Six-and-a half hours live course with instructor(s) via Zoom

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



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