



# Evidence-based Mental Health Training Available for U.S. County Workers

Create a workplace where county employees thrive, and foster a healthier, happier community for all with **Mental Health First Aid at Work**.

40% of employees say their jobs have a negative impact on their mental health.

Let's talk



[MHFA.org/NACo](https://MHFA.org/NACo)

Your county workers put their lives on the line every day. It's time to put their mental wellbeing first. Your county can champion mental wellbeing — to help ensure your team has the tools they need to thrive personally and professionally — by providing **Mental Health First Aid (MHFA) at Work**, mental health training for employees, administered by the [National Council for Mental Wellbeing](#) in partnership with the [National Association of Counties \(NACo\)](#).

**12 BILLION  
WORKING DAYS**

are lost annually due to depression and anxiety...equating to around \$1 trillion per year in lost productivity.

## What is MHFA at Work?

MHFA at Work teaches employees how to identify, understand and respond to signs and symptoms of mental health and substance use challenges they may encounter in the workplace.

- ❖ **It's research-informed.** More than 40 peer-reviewed studies demonstrate that learners experience increased mental health literacy, confidence in helping others and empathy toward distressed individuals.
- ❖ **It's trusted.** More than 4 million people in the U.S. have been trained in MHFA.
- ❖ **It's customizable.** Delivered in-person or virtually, we will work with you to address your county and workforce's specific concerns and reinforce existing benefits and resources that support workplace wellbeing.

## Who should take the training?

- ❖ County employees at all levels.
- ❖ Elected officials.
- ❖ Human resources and benefits partners.
- ❖ Senior leaders and managers.

*Mental Health First Aid at Work does not teach or endorse diagnosis, encourage self-disclosure of mental illness or substance use, embolden participants to become counselors, or promote the use of the Americans with Disabilities Act (ADA) or medical leave of absence.*

## What content will be covered?

- ❑ Common signs and symptoms of substance use and mental health challenges.
- ❑ Mental health or substance use concerns conversations, and how to navigate them.
- ❑ Crisis situations where someone may be at risk of harm, and how to respond.
- ❑ What recovery looks like and how to support it.
- ❑ Mental health and substance use literacy.
- ❑ Principles of psychological safety and privacy.
- ❑ Resilience and strategies to alleviate burnout.
- ❑ Relevant Employee Resource Groups, employee benefits and HR initiatives.

**75% OF EMPLOYEES**  
indicated that stigma was present  
in their workplaces.

## Trusted by U.S. counties nationwide.



## Ready to get started?

Help break the stigma surrounding mental health in the workplace, and encourage a culture of understanding, acceptance and openness within county offices.

## Client-trusted, evidence-based curricula

[Nearly 1 in 5 adults in the U.S.](#) experience a mental health challenge that impacts them at home and work. This is why leading companies and U.S. counties are creating a healthier and more engaged workforce by prioritizing mental wellbeing.

**By focusing on prevention and early intervention with MHFA at Work training, you can help create a workplace where everyone can flourish.**

Scan the QR code to learn more about bringing a MHFA training to your county.

**QUESTIONS?** Visit [MHFA.org/NACo](https://MHFA.org/NACo) or email [MHFA\\_NACo@TheNationalCouncil.org](mailto:MHFA_NACo@TheNationalCouncil.org).

