

Empowering your workforce to support mental health across the organization



Mental Health First Aid (MHFA) is an education program proven to be effective in teaching adults how to recognize and respond to signs and symptoms of mental health challenges.

In the Mental Health First Aid course, participants learn risk factors and warning signs of mental health and substance use concerns, strategies for how to help during crisis situations and where to turn for help. Training is based on the foundation of recovery and resilience – the belief that individuals experiencing mental health challenges can use their strengths to stay well.

We're committed to building community and enhancing work-life connections to combat loneliness and prevent burnout. It is imperative that our programs bring colleagues together, encourage meaningful conversations and create an inclusive environment where everyone feels valued and free to be themselves.

Optum Workplace Well-being
Medical Advisory Board



Insight

Information on depression, anxiety, trauma, psychosis and substance use



Resources

How to access evidence-based professional, peer and self-help resources



Actions

A five-step action plan to help someone who is developing a mental health problem or is in crisis

MHFA training in action

Optum MHFA instructors teach curriculum from the National Council for Mental Wellbeing. They tailor discussions based on participants and the workplace culture, and use verified mental health resources to guide the course.

Training is led virtually and is accessible for those working on-site or remotely

- Participants complete two hours of self-paced pre-work prior to the session
- Full day virtual session

Instruction includes

- Common signs and symptoms of mental health and substance use challenges
- How to interact with a person in crisis
- How to connect a person with help
- Expanded content on trauma, substance use and self-care

Attendees learn

- Risk factors and warning signs of mental health problems
- Information on depression, anxiety, trauma, psychosis and addiction disorders
- A five-step action plan to help assist someone in crisis
- Where to get professional and self-help resources for people with a mental health or substance use challenge

Individuals trained in MHFA can

- Grow their knowledge of signs, symptoms and risk factors of mental illnesses and addictions
- Increase their confidence in helping a person in distress
- Build awareness of mental health conditions and behaviours
- Reduce stigma about mental health

MHFA does not

- Teach participants to diagnose or treat mental health problems
- License participants as mental health professionals
- Prevent suicide

Mental Health First Aiders are not

- Diagnosticians
- Treatment providers
- Trained interventionists
- Long-term care providers

Our solutions are tailored to create a supportive environment that encourages employees to embrace wellness, leading to a healthier, more productive workforce. Let us help you transform your workplace into a hub of health and well-being.

Ready for a balanced approach to workplace well-being?

[Schedule a discovery call.](#)



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