

Building resilience in the workplace with mental health awareness



Reducing stigma and building inclusivity within the workplace is essential to organizational success.

A Mental Well-being Specialist can help.

With a deep understanding of mental health in the workplace, our specialists deliver Mental Health First Aid training and emotional well-being outreach campaigns designed to build awareness and engage employees. Their work helps reduce stigma, promote inclusivity and build resilience across the workforce.

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Globally, an estimated 12 billion working days are lost every year to depression and anxiety at a cost of \$ 1 trillion U.S. dollars per year in lost productivity.

World Health Organization

Prioritizing mental health in the workplace

Many employers are adjusting their corporate philosophies and environments to emphasize diversity, inclusion and mental health programs. An Optum Mental Well-being Specialist serves as an invaluable resource in this mission, acting as both an employee health educator and a mental health strategist. Embedded within the employee population, they embrace the health goals of the organization and work closely with EAP, behavioral and wellness vendors to simplify referrals and integrate promotional engagement activities.

Fully trained and certified by the National Council for Mental Well-being, these specialists are equipped to connect with employees, advocate for mental health and lead with care. They provide essential support and help navigate available wellness offerings for those experiencing mental health challenges.

Mental Well-being Specialist

Helping employers build a resilient, inclusive workforce through mental health initiatives



Mental Health First Aid training with business units and leadership teams



Engagement strategies focused on emotional health, inclusion, diversity and Social Determinants of Health



Develop and empower a mental well-being peer network to extend reach across the organization



Attend and host activities and new employee orientations to promote the company's commitment to health



Coordinate with behavioral health and wellness vendors to drive utilization of solutions



Participate in strategy and vendor collaboration meetings

Proven results

A financial services company identified employee mental health as a core objective in their wellness strategy. Their Mental Well-being Specialist took the lead to organize the initiative and planned an annual calendar of training sessions.

In just 11 months, 250 employees were certified in Mental Health First Aid.

82% of attendees stated the course provided adequate opportunity to practice the skills they learned and **100%** found the training course helpful and informative.



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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