

Mental health training for managers

Mental Health Training for Managers is proven to equip all leaders with the skills necessary to better understand their role in supporting mental health in the workplace. In order for employees to feel they have the tools they need to succeed in the workplace, it's important managers are prepared to support their team members during mental health challenges. Studies have shown that those who were trained to have a better understanding of mental health issues, are more confident in their ability to help to others, more likely to encourage individuals to seek professional help, and show a decrease in stigmatizing attitudes.

This training program aims to build confidence and ability to support team members and increase their overall mental health literacy. Focused on providing guidance and support to leaders who manage individuals daily, managers will gain a better understanding of:



Prevalence of mental health issues at the national and organizational level



Signs and symptoms that may indicate a mental health challenge



Tips and tools to initiate difficult conversations about mental health



A leader's role in supporting employees by applying the "Be There Basics"

During this training, course content will be presented through a mix of presentations, polling questions and breakout group work to actively assess scenarios they may encounter as a leader. *All participants will receive a resource guide at the conclusion of the training.*



Learn more

To learn more information or schedule a Mental Health for Managers training, contact a member of MMA Midwest's wellness team.

[MarshMMAMidwest.com](https://www.marshmma.com)