MENTAL HEALTH TRAINING RESOURCES

This list of trusted partners and resources was developed to help employers identify the appropriate in-person, virtual, recorded, or self-guided mental health training for their workforce.

Active Minds: Active Minds @Work offers simple and actionable tools for the next generation of employees and employers to improve mental health culture in high-performing environments.

American Psychiatric Association Foundation's (APAF) Center for Workplace Mental Health: APAF's Center for Workplace Mental Health offers Notice.Talk.Act. at Work, an e-learning training module that supports leaders and managers to understand the impact of mental health on employees and the organization, notice the signs of potential mental health concerns, and be better equipped to act by connecting a person with services and supports.

Evolving Minds: Evolving Minds' Connected Cultures eight-week training program for nonprofit organizations teaches employees how to apply their workplace model, practice resilience skills, and engage in small and large group discussions to build a work culture of care.

LessLonely.com: LessLonely is the world's first resource to help lessen loneliness and strengthen connections at work. With a Team Connection Assessment, live workshops for leaders, online courses, consulting services, and science-based connection technology, LessLonely helps build more belonging-based workplaces. With 300+ clients and 50,000+ users, LessLonely is trusted by the world's leading organizations to improve mental health by making people feel fully seen.

Mental Health America webinars: Mental Health America offers bi-weekly webinars covering various mental health topics. The presentations offer important information and practical tips on navigating different life stressors, building resiliency, and implementing new well-being programs. Here are three recorded webinars to help you get started:

- Lessening Loneliness and Boosting Belonging in the Workplace
- Mental Health for Remote Workers – Supporting Employees and One Another
- Shaping the Future of Work: Enhancing Mental Health in the Workplace

Minding Your Mind: Minding Your Mind offers Improving Wellness in the Workplace, a 90-minute workshop designed to educate adults on basic mental health issues and how they impact daily life in the workplace, at home, and during interactions with others. The instructional piece supports hands-on learning exercises that guide communication techniques when discussing mental health issues and positive coping skills that can alleviate stress in any situation.

National Council for Mental Wellbeing: The National Council's Mental Health First Aid at Work training program teaches participants how to notice and support individuals experiencing a mental health or substance use concern or crisis in a work environment and connect them with the appropriate employee and community resources.

Oregon Healthy Workforce Center: The Oregon Healthy Workforce Center's Safety and Health Improvement Program (SHIP) is an evidence-based Total Worker Health® toolkit designed for managers in any industry. SHIP contains online training modules, behavior tracking templates, and team strategies that can help improve employees' safety, health, and well-being.

Shatterproof: Shatterproof's Just Five program is an online, self-paced, mobile enabled program focusing on increasing awareness, reducing stigma, and sharing information about addiction prevention and treatment. Just Five includes six five-minute learning experiences. Lessons combine animated and expert videos, interactive learning, and supplemental materials.

Society for Human Resource Management (SHRM) Foundation and Psych Hub: The SHRM Foundation and Psych Hub offer a Workplace Mental Health Ally Certificate that equips HR professionals and people managers to understand critical mental health topics and identify appropriate approaches to help.

University of Colorado's Center for Health, Work & Environment: In this free, 30-minute Mental Health in the Workplace online training course, participants will learn how to address workplace mental health. The course offers research-based outcomes, video testimonials, and interactive activities to understand how individuals can play an active role in supporting the mental health of workers.

MHA
Mental Health America

Walgreens