

Let's talk about it . . .

Mental Health and Wellness 101 in the Workplace



Mental Health Association in New York State, Inc. (MHANYS) is now offering general mental health awareness training for schools, community groups, organizations, clubs and businesses. This training, 'Mental Health and Wellness 101 in the Workplace,' can be as short as 60 minutes and can be tailored to meet your scheduling and content needs.

Goals of the training:

- ⇒ Increase basic knowledge of mental health to help reduce stigma in the workplace.
- ⇒ Understand Mental Health as a continuum of wellness that defines us every day — it is illness, recovery and all of the space in between.
- ⇒ Promote wellness and support recovery in the workplace.

Why is this important?

Consider this: 1 in 5 American adults are living with a mental disorder. Employees living with behavioral health challenges exist in most workplaces. Statistics show that depression and anxiety cost the global economy an estimated \$1 trillion annually in lost productivity. Mental Health and recovery are dependent on an individual's ability to recognize and manage where he/she is each day on the continuum between wellness and illness and take care accordingly, an important piece to quality of life. Education and early intervention promotes wellness.

**For more information or to schedule a
Mental Health and Wellness 101 in the Workplace training,
please contact Joelle Monaco at jmonaco@mhanys.org or 518-434-0439.**

Mental Health & Wellness 101 in the Workplace is a project of the
Mental Health Association in New York State, Inc.

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