



# MENTAL HEALTH FIRST AID IN THE WORKPLACE

a partnership with VITAL and AlabamaWorks!



**ONE IN FIVE AMERICAN ADULTS HAS A MENTAL ILLNESS.**

**AS MANY AS 35 MILLION WORKDAYS ARE LOST EACH YEAR DUE TO MENTAL ILLNESS.**

**40% OF THEM TAKE TIME OFF WORK BECAUSE OF IT (UP TO 10 DAYS A YEAR).**

**40%**

**UNTREATED MENTAL ILLNESS IN THE WORKPLACE COSTS BUSINESSES \$105 BILLION/YEAR (MOSTLY DUE TO LOST PRODUCTIVITY).**

**\$105  
BILLION**

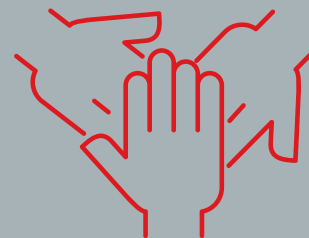
**35%**

**MORE THAN 35% OF MANAGERS FEEL THEY RECEIVE NO FORMAL SUPPORT OR RESOURCES TO HELP EMPLOYEES.**

**ONE IN TEN FULL-TIME EMPLOYEES HAS AN ADDICTION.**



**MENTAL HEALTH FIRST AID AT WORK IS A WORKPLACE MENTAL HEALTH TRAINING PROGRAM THAT TEACHES PARTICIPANTS HOW TO NOTICE AND SUPPORT AN INDIVIDUAL WHO MAY BE EXPERIENCING A MENTAL HEALTH OR SUBSTANCE USE CONCERN OR CRISIS AND CONNECT THEM WITH THE APPROPRIATE EMPLOYEE RESOURCES.**



## THE POST COVID-19 WORKPLACE LANDSCAPE IS DIFFERENT:

- New pressures for employees in the workplace
- Increased uncertainties about job security
- Feeling isolated and overwhelmed
- New business guidelines and policies

**CREATING AN EMOTIONALLY HEALTHY WORKPLACE HAS TAKEN ON INCREASED URGENCY.**

## HOW CAN MENTAL HEALTH FIRST AID AT WORK HELP?

- Reduce stigma associated with mental illness and substance use.
- Increase the likelihood that employees will reach out to someone who may be facing a mental health or substance use challenge.
- Increase employees' mental health and substance use literacy.
- Teach employees how to connect a distressed person with the appropriate resources, in accordance with company policy.



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ALABAMA WORKFORCE STABILIZATION PROGRAM