



Less than 10% of employees feel their workplace is free of stigmas about mental health.

- McKinsey Center for Societal Benefit

Learn how **Mental Health First Aid**, evidence-based training administered by the National Council for Mental Wellbeing, can help improve county employees' mental wellbeing.

Through our partnership with the National Association of Counties, Mental Health First Aid can help your county:



Create a new path of resilience and wellbeing.



Reduce stigma and discrimination.



Reduce costs associated with untreated mental health conditions.



Address mental health and substance use challenges in the workplace and within the community.



Increase employee productivity, morale and retention.



Improve overall safety.

Who should take the training:

- ❑ County employees at all levels.
- ❑ Elected officials.
- ❑ Human resources and benefits partners.
- ❑ First responders, corrections officers and law enforcement.
- ❑ Hospital and nursing home staff.
- ❑ School teachers, administrators and youth-serving staff.



Let's Talk

Scan the QR code to schedule time with **Rob Rader, Sr. Client Development Manager, Mental Health First Aid**, to learn more about bringing Mental Health First Aid training to your county.

Questions? Email MHFA_NACo@TheNationalCouncil.org.



Mental Health FIRST AID
from NATIONAL COUNCIL FOR MENTAL WELLBEING

