



Mental Health FIRST AID

from NATIONAL COUNCIL FOR MENTAL WELLBEING

JPIA HR Group Meeting October 11 - 8:30 to 3:00

WHY MENTAL HEALTH FIRST AID AT WORK?

Mental Health First Aid (MHFA) at Work teaches employees how to identify, understand and respond to signs and symptoms of mental health and substance use challenges encountered in the workplace.

**Join us for
this
critical
discussion**

**Continental breakfast
8:30 - 9:00
Program begins at
9:00**

*The program will take
most of the day, with
networking throughout
and announcements at
the end.*

Location:

JPIA Office
2100 Professional Drive
Roseville 95661

Register **here** today
\$35 fee to cover food costs

Contact training@acwajpia.com
for questions.

WHAT IT COVERS

- Noticing signs and symptoms of substance use and mental health challenges.
- Navigating conversations about mental health or substance use concerns.
- Knowing that recovery is possible – and how to support it.
- Tackling mental health stigma in the workplace.
- Principles of safety and privacy.
- Building resilience and strategies to alleviate burnout.
- Reinforcing relevant Employee Resource Groups, employee benefits and HR initiatives.

WHO SHOULD TAKE IT

- Human resources and benefits partners.
- Senior leaders and front-line managers.
- Clinical and wellness staff.
- All employees dedicated to employee engagement, team building and resilience.

