

MindWise at Work: Mental Health Crisis Readiness

What we hear so often from teams is that they don't feel comfortable having tough conversations about mental health at work - that they're afraid they'll make a situation worse, or won't know what to say in the moment.

This online course is designed to proactively prepare everyone in your organization how to respond to mental health crises, while empowering individuals to feel confident having these types of practical, real-world discussions.

In-the Moment Readiness

Developed from real-life events in offices and construction sites, MindWise at Work includes six training modules:

1. Laying the Foundation
2. When Anger Erupts
3. When Depression Intensifies
4. When Anxiety Becomes Panic
5. When Substance Misuse Becomes Visible
6. From Burnout to Resilience

Individuals are guided through each scenario, then learn how to recognize what's happening and respond appropriately.

This in-the-moment readiness training not only helps your organization build skills that support employee mental health and safety, but also reinforces key messages on workplace culture, stigma, safe language, and suicide.

40%

of employees want their employers to train managers/supervisors to identify emotional distress among workers.

- American Heart Association

\$4 Return

For every dollar spent on mental health concerns, employers see a \$4 return in productivity gain.

- OSHA.gov

Benefits:

- Access to digital course, reference guides, practice sheets, and online resources
- Initial rollout recommended for leaders and managers, then across all employees
- Include with new employee onboarding or as part of internal manager training
- Revisit modules as often as necessary within your annual license
- Reporting feature allows you to track annual and ongoing use

Key Learnings:

- Identify signs of commonly occurring mental health crisis-related situations such as anger, depression, anxiety, substance misuse, and burnout
- Learn how to respond to mental health crises in an informed, appropriate manner
- Recognize signs of suicide risk and how to best respond
- Understand the facts versus the myths of suicide
- Learn how to apply the P.A.C.E. methodology

