



## Mental Health Awareness and Advocacy: Mental Health First Aid (MHFA) at Work Training

One in five U.S. adults is experiencing a mental health disorder, and our industry is no exception. NUITF recognizes the challenges workers face every day, and our focus is on ensuring workers are well-trained both physically *and mentally* for their specific jobs. That's why, in cooperation with the NECA/IBEW Family Medical Care Plan (FMCP), NUITF is offering mental health awareness and advocacy training to help support mental wellbeing.

As part of their focus on mental health awareness and advocacy, FMCP has partnered with the National Council for Mental Wellbeing to offer an evidence-based, research-informed mental health training tailored to the workplace.

Mental Health First Aid (MHFA) at Work is a program that:

- Promotes empathy, understanding, and judgment-free conversations
- Supports mental health and substance use challenge recognition
- Empowers individuals to support coworkers and manage their own mental wellbeing

The MHFA offers a two-part training for participants.



### Certification

The MHFA at Work **Intro** is a **2-hour self-paced eLearning** course that introduces you to workplace wellbeing practices to provide you with the knowledge to enhance the overall culture of mental health and wellness within your organization.

#### Learning Objectives:

- Understand and reduce stigma in the workplace
- Recognize non-crisis challenges
- Build resilience and develop self-care practices

The MHFA at Work **Certification** is a more in-depth **4-hour instructor-led** course that expands on information learned in the MHFA at Work Intro course. After this course, you will not only have a better understanding of how to care for your own mental wellbeing at work, you will also come away with an official MHFA at Work certificate and an MHFA Action Plan to apply to your workplace.

#### Learning Objectives:

- Practice real-world response skills
- Determine the best way to support coworkers in both non-crisis and crisis situations
- Learn to connect individuals with appropriate mental health resources

If you are interested in taking the MHFA at Work training through NUITF, please contact Mark Baker at [ExecDir@nuitf.org](mailto:ExecDir@nuitf.org) or (202) 568-3819.

*Mental Health First Aid at Work is offered at no cost to FMCP participants.*

