

TRANSFORMING WORKPLACES WITH MENTAL HEALTH FIRST AID CERTIFICATION

"In today's fast-paced corporate world, mental well-being often takes a backseat. As a certified Mental Health First Aid Instructor from the National Council for Mental Wellbeing, I'm on a mission to change that."

- Maryellen Dance, LMHC, Director of Corporate Training

The Mental Health First Aid program is more than a certification – it's a movement to create supportive, understanding workplaces. It's not about becoming a psychiatrist or a psychologist, but about equipping individuals with the skills to be a lifeline in times of need.



Maryellen Dance, LMHC
Director of Corporate Training

The Importance of Mental Health First Aid Across Industries

Mental Health First Aid (MHFA) Certification is beneficial across many professions, particularly those that regularly interact with people under stress. This includes educators, healthcare professionals, first responders, HR personnel, corporate trainers, managers, counselors, and community workers. Ultimately, MHFA training can provide crucial support and understanding in any role that involves interpersonal interaction, as mental health impacts all aspects of life.

Why It Matters in the Workplace

The modern workplace landscape can be a challenging terrain where mental health often gets sidelined. Recognizing this critical issue, I secured my certification as a Mental Health First Aid Instructor from the National Council for Mental Wellbeing.

One lesson I've learned, and I like to share, is a quote from Officer Orlando Singleton, a fellow Mental Health First Aid trainee: "Mental Health First Aid training has taught the officer to ask his charges, "What happened?" instead of, "What's wrong with you?" It's not about assigning blame, but understanding context.

Become a Champion of Mental Health in Your Workplace

By completing the Mental Health First Aid course, you'll earn a nationally recognized certificate demonstrating your commitment to improving mental health in the workplace.

Take the step today to create a corporate culture where mental health is understood, respected, and openly discussed. Together, we can shift workplace conversations from "what's wrong with you" to "what happened to you."

Let's Change Workplace Cultures Together!

Mental health is everyone's responsibility. Let's join hands to bring about this change. Remember, as a corporate trainer with a Mental Health First Aid Certification, you're not just improving productivity, you're changing lives.

[Click Here to Request the Training for Your Employees.](#)

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