



Workplace Mental Health Training for Managers

Cultivate a culture of support by training leaders in supportive strategies that improve employee mental health and well-being.

Burnout, depression, and anxiety are at an all-time high. A recent survey reported that 59% of employees experience negative impacts of work-related stress¹.

Managers are often the first to notice signs of employee distress, but rarely know how to respond. Despite this, 87% of employees think that actions from their employers would help with their mental health¹.

Workplace Mental Health Training for Managers is an evidence-based, online program that teaches leaders:

- To identify employee mental health struggles
- Appropriate ways to respond to employee warning signs
- Practical strategies to reduce employee stress

Employees, whose managers were trained, report:

- Reduced anger and loneliness
- Improved feelings of support from manager
- Increased feelings of team cohesion

TRAINING FEATURES

- Evidence-based content developed by occupational health experts
- Self-paced, online learning that takes about an hour
- Two-week behavior tracking app designed to reinforce learning
- Downloadable tools and resources
- Competitively priced

This training has been developed, in partnership with the US Department of Defense, by occupational health psychologists:

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For more information, visit us at www.supportiveworkplaces.org

¹ American Psychological Association; Work and Well-being Survey; 2023