



Notice.
Talk.
Act.®

at Work

Notice.Talk.Act.® *at Work*

www.workplacementalhealth.org

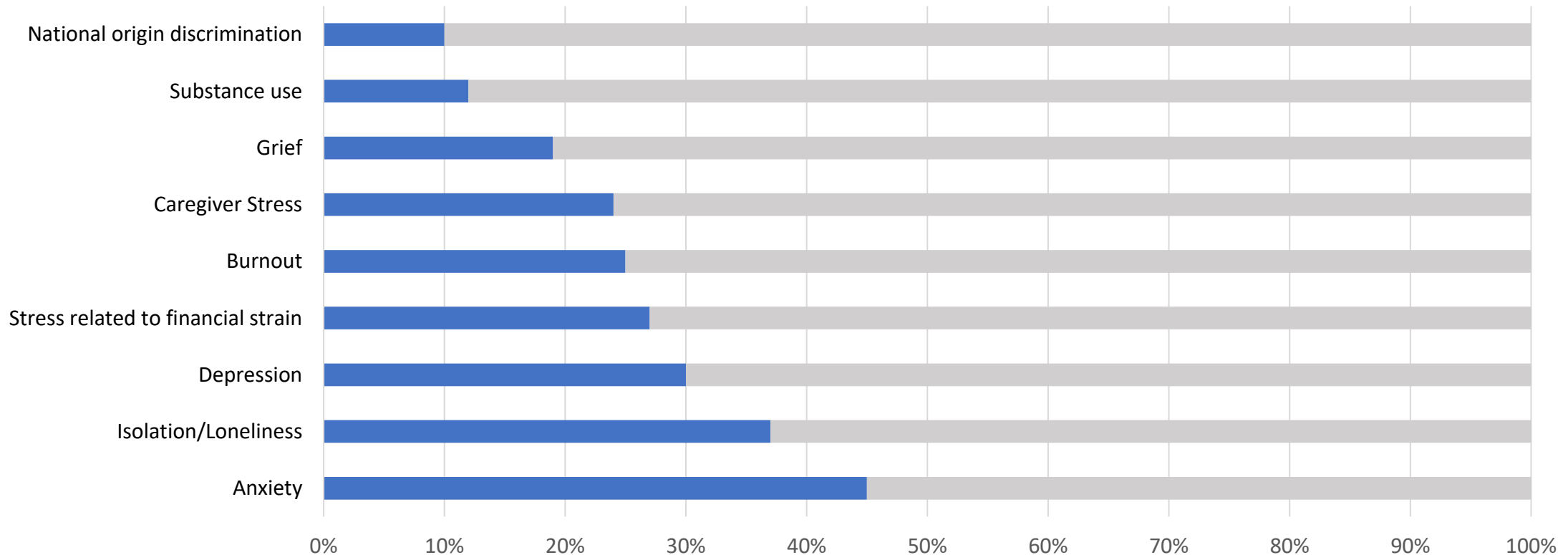
AMERICAN
PSYCHIATRIC
ASSOCIATION
FOUNDATION



CENTER FOR
**WORKPLACE
MENTAL HEALTH**

How big of an issue is mental health in the workplace?

87% of global managers report they, or their team, have experienced mental health challenges due to events of the past yr. & 74% have questioned their own mental health.



64% of workers are struggling with mental health or behavioral health issues, yet only 19% used their company's mental health care benefits in 2022.

-One Medical: The State of Workplace Health, 2023



56% of organizations felt that mental health was the most important element that they offered as part of their well-being programs.

- Virgin Pulse: A 2023 Global Survey of workplace wellbeing priorities

80% of benefits leaders believe it's an employer's responsibility to prevent employees from developing work-related mental health problems

-Lyra: 2023 State of Workforce Mental Health



Do you know about your mental health and well-being benefits?



Does your organization offer supplemental MH benefits like apps?

Employee Mental Health FRONT AND CENTER



Has your organization launched a mental health and well-being Initiative?



Does your organization provide a list of community organizations or resources in the MH space?



Does your organization promote stress management and resiliency?

People who connect with care ...



Are more engaged



Are more productive



Miss fewer workdays



Perform well at high levels



Reach their full potential

Notice.Talk.Act.® *at Work*

Creating a Mentally Healthy Workplace

A 35-minute e-Learning training module supporting leaders and people managers to:

- ✓ Raise awareness about the impact of mental health in the workplace.
- ✓ **NOTICE** changes that are not typical and may be signs of a potential mental health concern.
- ✓ **TALK** by checking in and letting a person know that you care.
- ✓ **ACT** by connecting a person with services and supports.



workplacementalhealth.org/NTAatWork





NOTICE

Changes in
Appearance,
Behavior, Mood,
and **Thinking**



ACT

Connecting to
services and
supports



People Value NTA[®] *at Work*





96% of participants would recommend this training to others.

93% of participants agreed the training prepared them to Notice, Talk, and Act at Work.

90% of participants rated the training excellent or good.



What Employees Are Saying About NTA[®] *at Work*

Very informative. Thank you for this. I have been in the industry for over 30 years and this is good to see. Nobody really ever addressed issues like this before openly.

I learned a lot about myself and how to interact with others in addition to learning how to help my team.

I found this to be a great start for a manager without a lot of experience with employee mental health issues or working in stressful environments.

After completing this I believe that a coworker has used this with me. I believe this works, and I am grateful that it does.

Appreciate the commitment to mental health by the company.





Notice.Talk.Act[®] at Work

- 12-month agreement
- No limit on the number of trainees (new hires, promote employees, additional staff)
- Training delivery via your Learning Management System (LMS) or via APAF server
- Launch Readiness Kit
- Resource Library
- Anonymous Employee Feedback



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How You Can Promote NTA[®] *at Work* to your Member Organizations

The flyer includes the following text:

Notice.Talk.Act. at Work
Creating a mentally healthy workplace

This 35-minute e-Learning training supports leaders, supervisors.

- Understand the impact of mental health on employee organization.
- **NOTICE** what may be signs of potential mental health concerns.
- Know how to **TALK** with a person they may be concerned about.
- Be better equipped to **ACT** by connecting a person to resources.

"It is clear after review Notice.Talk.Act. at Work this training provides value and is an excellent way to commit to creating a mentally healthy workplace."

I am more prepared to talk to a colleague about a mental health concern.

The business is taking steps to address mental health.

Commit to Addressing Mental Health: Bring Notice.Talk.Act. to Your Workplace!

Shayla Gerity

Good Morning,

We are excited to share with you a new e-Learning opportunity for your employees that can help ground Mental Health in the workplace.

Notice.Talk.Act. at Work is a 35-minute mental health e-Learning training module for leaders and people managers. The training strengthens your knowledge about the impact of mental health on the workplace and prepares them to be better equipped to:

- NOTICE changes that are not typical of that person;
- TALK by checking in to inquire about how they are doing; and
- ACT to connect a person to services and supports.

This program was created by the American Psychiatric Association's Center for Workplace Mental Health.

Insert your own link/review here.

If you are interested in taking the next steps toward a mentally healthy workplace, you can reach out to the Center for Workplace Mental Health at NTAatWork@psych.org.

Regards,

To learn more about Notice.Talk.Act. at Work visit workplacementalhealth.org/NTAatWork

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We've made it easy!

- ✓ Send an email to your member organizations
- ✓ Share NTA[®] *at Work* flyers
- ✓ Provide a testimonial

Stay in Touch!



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