Mental Health First Aid Toolkit

www.mhfirstaid.tools

Create a mentally healthy workplace by identifying, understanding and responding to signs of mental illnesses.

Support for everyday issues. Every day.

SimpleEAP

📞 **1-888-425-4800**

✦ **simpleeap.com**
group code:

Log in to Member Portal to view group code

Within the browser mockup:

Mental health first aid toolkit

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Three easy steps.
A world of difference.

Learn more

" We spend roughly a third of our adult lives working. Mental health first aid at work can be the lynchpin in creating a mentally healthy workplace — one in which individuals feel valued, supported and respected. Many workplaces have a defibrillator and have trained their employees in how to use it. They know how to summon emergency help for a physical ailment. But you are much more likely to see someone in the throes of a mental health or addiction crisis than you are to see someone having a heart attack.

— Linda Rosenberg, President and CEO, National Council for Behavioral Health