



## MHA Offers a Menu of Virtual Evidence-based and Customized Trainings

*Designed to promote mental wellness for your employees, teach ways to manage stress, increase productivity and recognize impending crises during these challenging times.*

*Customized presentations can focus on tips for creating balance, provide online and other resources to help navigate challenges of the pandemic and find recovery. MHA's Educators can teach your team members how to recognize depression, anxiety and other mental health concerns, or how to reset and focus on your well-being.*

- Mental Health Resources for Employers
- Customized Wellness Workshop (1-2 hours)
- QPR Suicide Prevention Training (2 hours)
- Mental Health First Aid Training (8.5 hours; 2 pre-work and 6.5 on-line)

## Workplace Wellness

We are working in unprecedented times, each with a diverse set of new challenges, work settings and circumstances.

“Workplace” may be our living room and our kids may be at the kitchen table doing schoolwork, with a barking dog or a working partner in the next room.

Helping your employees build resilience is essential, now more than ever.

### CONTACT US

704.365.3454  
mhacentralcarolinas.org



For fees and scheduling, contact:

[Ericka Ellis-Stewart](#) or 704.565.7837.

Learn about MHA at [mhacentralcarolinas.org](http://mhacentralcarolinas.org)