MHFA at Work Transform Workshop

Pre-work Guide

Welcome to the MHFA at Work Transform Workshop. We look forward to spending time with you, applying what you have learned from Mental Health First Aid and creating an Action Plan to foster a positive mental health culture in your organization.

Because we have a lot to cover in a short period of time and understand that your time is valuable, we'd like you to do some pre-work.

**First, please locate your organization-wide policies, procedures, initiatives, and practices.** We suggest that you take the time to review them and highlight any that are related to, may have an impact on, or could be adapted to influence positive mental wellbeing and also support employees experiencing mental health and substance use challenges. If you are having difficulties getting started, review the [U.S. Surgeon General’s Framework for Workplace Mental Health & Well-Being Reflection Questions](https://www.hhs.gov/surgeongeneral/priorities/workplace-well-being/index.html). Please bring the policies, procedures, initiatives, and practices to the workshop in either print or digital format so that you can access them during the activities.

**Second, please read at least one of the following resources before we meet.** Reviewing any additional resources is encouraged, but optional.

- [Managers Have Major Impact on Mental Health: How to Lead for Wellbeing](https://www.forbes.com/sites/tracybrower/2023/01/29/managers-have-major-impact-on-mental-health-how-to-lead-for-wellbeing/?sh=2456ec352ec1)
- [Organizational Best Practices Supporting Mental Health in the Workplace](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8631150/)
- [The Working Well Toolkit](https://www.workplacementalhealth.org/employer-resources/the-working-well-toolkit)
- [Mental Health at Work](https://www.dol.gov/general/mental-health-at-work#what-can-i-do-to-help)
- [The U.S. Surgeon General’s Framework for Workplace Mental Health & Well-Being](https://www.hhs.gov/surgeongeneral/priorities/workplace-well-being/index.html)

If you have any questions prior to the workshop, please contact your organization’s Coordinator. For technical support, please use the [request assistance form](#).

Thank you for your interest in improving the mental wellbeing culture in your organization. We are looking forward to seeing you at the workshop.