

## **Mental Health Committee Certification**

“Stopping Silence and Stigma, by promoting Mental Wellness”

### **Module 1: Defining Workplace Mental Wellness – Setting Objectives**

- Dispelling Myths of Mental Health
- Understanding the effects of Workplace Mental Health
- Mission and Vision Support
- Setting Objectives

### **Module 2: Gaining support from the Company – Building Trust**

- Defining what a Mental Wellness Committee is and isn't
- Creating a slow, steady communication plan for the committee
- What tools can be implemented for success and sustainability
- How to share the committee to the company

### **Module 3: Moving the committee to action – Creating the Calendar**

- What will the company see from the committee
- What will the company learn from the committee
- How to build resources and support to the company
  - How to roll out the calendar of communication



### **Module 4: Evaluation – Building a Tracking System**

- Establishing Value
- Creating a tracking system
- Turnover in Mental Health Committee Champions
- Next Steps

\*The MHCC *PLUS* training includes an additional 4 hours of virtual consultation over the following 12months. *Some restrictions apply.*

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