

# WORKPLACE MENTAL HEALTH ALLY CERTIFICATE

Everyone Has a Role to Play in Mental Health.

Mental health and wellness has emerged as one of the critical issues of our time and has only been compounded by the COVID-19 pandemic, the visibility of equity and social justice issues, and the overall economic instability across the globe.

Attention to the mental health and wellness of employees is crucial to employee retention, job satisfaction, productivity, and overall success. HR professionals, people managers, and business leaders have a unique position to lead the effort in supporting employee mental health in the workplace and fostering culture that encourages open conversations around mental health.

## BECOME A WORKPLACE MENTAL HEALTH ALLY.

### The Workplace Mental Health Ally Certificate

delivers evidence-based training with shareable resources and is eligible for **ten professional development credits (PDCs)**. The certificate was developed by Psych Hub, the world's most comprehensive platform for mental health multimedia education, in partnership with SHRM and SHRM Foundation.

### Topics Include:

- Mental Health Foundations
- Suicide & Violence Prevention
- Effective Communication
- Diversity & Bias
- Substance Use

### Coming Soon:

- Fostering Resilience
- Helping In A Mental Health Crisis



Evidence-Based Content  
Easily Understandable by Anyone,  
Regardless of Prior Knowledge



Equips HR Professionals & People  
Managers to Understand  
Critical Mental Health Topics &  
Identify How to Help



Gain Actionable Skills to  
Help Employees During  
Difficult Times



Prioritize Mental Health. Become  
a Workplace Mental Health Ally.

LEARN MORE AT | [WorkplaceMentalHealth.shrm.org](https://WorkplaceMentalHealth.shrm.org)

# Make a commitment to cultivating a healthier workplace and register for the Workplace Mental Health Ally Certificate today.

76%

## LEARN MORE AT

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### Multimedia Learning For Every Learning Style

The **Workplace Mental Health Ally Certificate** was created with engaging learning experiences designed in the ideal format for each learning style to promote meaningful education and engagement.



Mental Health Literacy Videos



Stackable Courses & Certifications



Continuing Education Credits



Short Key Concept Videos



"How-To" Videos



Resources & Articles



Podcasts



Community Forum

## OF PEOPLE

believe companies should do more to support the mental health of their workforce.\*

\* Source: As Uncertainty Remains, Anxiety and Stress Reach a Tipping Point at Work (Oracle, 2020)

### Shareable Resources

Get the latest resources on workplace mental health and wellness from SHRM, SHRM Foundation and Psych Hub.

**SHRM.org** | SHRM members have access to curated mental health resources, toolkits, research, articles and more.

**WorkplaceMentalHealth.shrm.org** | SHRM Foundation is leading transformational change to eliminate the stigma of workplace mental health and provide a portfolio of resources.

**PsychHub.com** | The world's most comprehensive multimedia platform for mental health education.

### BONUS!

After completing the Workplace Mental Health Ally Certificate, unlock premium toolkit access to Psych Hub's continually expanding suite of shareable learning and informational materials designed by clinical experts to enhance actionable skills and healthy response to challenging times.