

Mental Health First Aid®

Providing skills and practice to help when a mental health concern occurs.



Given the rise in mental health challenges and stigma that is associated with mental health, learning how to identify, understand, and respond to mental health issues is essential to supporting your workforce. At New York Life Group Benefit Solutions (NYL GBS), we provide the care and guidance to help empower you to improve the wellbeing and productivity of your employees.

Mental Health First Aid® (MHFA) is designed for Human Resources Managers and Directors and front-line Managers.

- › Helps support employees through time-limited and targeted conversations to identify options to support them in obtaining the help they need before a leave may be necessary
- › Educates employers on how to provide emotional support and resources to employees experiencing signs of a mental health illness and substance use disorders
- › Evidence-based certification course that provides uncomplicated responses to mental health concerns
- › NYL GBS may be able to offer this course at no-cost to you by certified MHFA trainers¹
- › All certified MHFA Instructors¹ are in-house NYL GBS employees

What it Covers

- › Common signs and symptoms of mental illness
- › A focus on how culture impacts conversations
- › How to interact with a person in crisis
- › Confidence to know when to approach and ask, "Are you ok?", and the skills and practice to know what to say next
- › How to connect the person with help including your employee assistance program (EAP) and other company sponsored benefits
- › Expanded content on trauma, addiction, and self-care



Virtual, In-Person, and Blended Certification Training options are available.

Contact your New York Life Group Benefit Solutions Representative or the NYL GBS Healthy Working Life® Team at MHFA@newyorklife.com for more information.



¹ Mental Health First Aid® is not intended to diagnose or treat mental health conditions.

MHFA® was developed by the National Council on Behavioral Health in collaboration with the Maryland Department of Health and Mental Hygiene and Missouri Department of Mental Health. Mental Health First Aid is a skills-based training course that teaches participants about mental health and substance-use issues. Visit mentalhealthfirstaid.org for more information.

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