

Wellness Works Program Overview

One in four Americans will experience a mental illness in their lifetime. Most will have a significant episode during their working life. Employers play a significant role in their recovery, and in the ongoing mental health of all employees.

Employers who successfully manage mental health issues can:

- Alleviate performance problems
- Avoid litigation
- Create a more inclusive work environment
- Enhance employee engagement
- Increase organizational effectiveness

Wellness Works is a workplace education and training program that raises awareness and reduces stigma around issues related to employee mental health, while building capacity for organizations to address issues more effectively, and create psychologically healthy workplaces.

We offer an award-winning suite of training products that have been evaluated as effective in reducing stigma, which is crucial towards organizations successfully addressing mental health in the workplace. We frame workplace issues through the lens of psychological health and safety, disability rights, and human resources and business best practices. Our methods improve capacity for effective interventions, prevention of problems in the future, and promotion of employee wellbeing and productivity.

Wellness Works focuses on engaging and interactive training for supervisors, managers, union reps, human resources consultants and employees, while offering strategic perspectives for senior executives to address systemic, organization-wide solutions.

Wellness Works

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mhac.org



*Good health leads to good business. Good health includes good mental health.
Keeping staff healthy, productive and engaged is one of the most critical challenges
for employers.*

Wellness Works is designed exclusively for organizations as the leading go-to resource for education and training to address mental health in the workplace.

Wellness Works is a program of Mental Health America of California and is funded by California's Proposition 63, the Mental Health Services Act. Having achieved outstanding results during the two-year fully-funded pilot phase, Wellness Works is now available on a fee-for-service basis across California.

For information on bringing
Wellness Works to your organization,
please contact us at
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