



Become a **Mental Health-Friendly Workplace** by completing the NAMI South Dakota training program. Companies can enroll in this comprehensive training program to learn the basics about mental health and why it is important to make mental health a priority in the workplace. This program will help create a stigma free company and normalize conversations around mental health.

The program consists of 3 training modules that can be customized to fit the needs of each company followed by 3-hours of continuing mental health education. The modules are facilitated by professionally trained staff and all materials and media are included in the training costs. Once a company becomes a **Mental Health-Friendly Workplace** they will receive regular updates and wellness tips from NAMI SD to pass along to their staff.

The training modules are appropriate for leadership, human resource professionals and all staff. Modules can be customized for a particular population if necessary.

All presentations can be done virtually or in person. The modules can be completed in a day or spread out over several weeks. It is recommended the training modules be completed within a 12-month time frame.

- 1) NAMI In Our Own Voice presentation;
 - i) Hear first hand from someone living with a mental health condition
 - ii) The module can be customized to fit schedules that work best for individual companies.
- 2) Mental Health 101 presentation;
 - i) 40 to 50 minute presentation that explores the basics of mental health and mental health conditions.
 - ii) Can be customized to fit needs of company and industry
 - iii) Learn what mental health condition might look like in the workplace setting
 - iv) Learn what to do if you see warning signs of mental health conditions in the workplace
 - v) Access to reliable resources about common mental health conditions
- 3) Stigma Free Company Program
 - i) Learn how to create a *Stigma Free* company culture that is friendly to mental health
 - ii) 40-50 minute interactive program professionally facilitated by a NAMI SD staff person/volunteer
 - iii) Participants will leave with a toolkit to develop a working action plan to become stigma free

- iv) Materials and media included to help your company provide outreach and education to staff and leadership.
- 4) Continuing Education Module:
 - i) 3-hours of additional mental health wellness education for staff.
 - ii) Additional resources for education and wellness
 - iii) Assist with any adjustments to *Stigma Free* Action Plan

Once modules are completed a certificate and sticker decal will be delivered to your business. These can be displayed to highlight your company as a certified **Mental Health-Friendly Workplace.**

Sample Decal:



For more information contact:

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