The average American will spend 90,000 hours at work over a lifetime - that’s one third of our lives in a work environment that has the potential to impact our mental health and wellbeing.

According to the World Health Organization, “Everyone has the right to work and all workers have the right to a safe and healthy working environment. Work can be a protective factor for mental health, but it can also contribute to worsening mental health. Work-related mental health conditions are preventable. Much can also be done to protect and promote mental health at work and support people with mental health conditions to participate fully and equitably in work.”

At Mental Health Connecticut (MHC), we envision a future where all individuals are given the opportunity to lead rewarding, connected, and equitable lives in safe and compassionate communities. Regardless of the location of your work environment – home office, corporation, community based, etc. – these environments are part of our community and deserve the investment to be safe and healthy work environments.

As a platinum-level recipient of Mental Health America’s Bell Seal for Workplace Mental Health, MHC created a community of professionals dedicated to workplace mental health called The MHC Collaborative.

Membership in The MHC Collaborative is an annual investment that includes a mix of strategic guidance and point-in-time needs assessment for leadership, delivered simultaneously with trainings and workshops for all employees. Members also have access to a collection of templates, guides, and toolkits to aid in their ongoing workplace mental health efforts.
Within your first year of membership, your organization will receive:

- Thorough assessment of your workforce culture, environment, benefits, policies, procedures, and employee experience
- Delivery of findings and recommendations that identify gaps and address needs to improve the mental health of your work environment
- Support for leadership in creating an action plan for implementation
- Customized trainings and workshops on workplace mental health, DEI, cultural humility, communication, self-care, and more
- Monthly coaching and engagement with MHC staff
- Access to resources, templates, and guides to boost workplace mental health initiatives

First Year Member Fee: $10,000

“An employer that strives to improve workplace culture, offers meaningful benefits and commits to mental health from the top-down can make a considerable impact on its organization’s financial, emotional, and social health. When an employer invests in mental health, it is simply better for employees and better for business.”

– Mental Health America, Mind the Workplace 2022 Report

Members who renew their membership in The MHC Collaborative will continue to receive:

- Access to additional trainings and workshops
- Monthly coaching and engagement with MHC staff
- Guidance on applying for Mental Health America’s Bell Seal for Workplace Mental Health
- Access to resources, templates, and guides to boost workplace mental health initiatives

Renewal Fee: $2,500 - $5,000

Price depends on number or length of workshops

Contact collab@mhconn.org to learn more and join!