

Recognizing & Responding to Mental Health Needs



The **Veteran Workforce Toolkit** includes resources developed by Give an Hour to help non-clinicians recognize the need for mental health supports and feel confident in responding effectively to someone who may be struggling.

We All Have Mental Health

We recognize that everyone's experience with mental health is individualized and personal depending on their cultures, backgrounds and environmental responses to seeking emotional wellness supports. Members of your team may have been taught that mental health is not something that should be discussed and that leaning into support someone may be intrusive. Others may have habits they have learned intended to provide support but are actually detrimental to helping others who are struggling.

How it Looks:

Our team is equipped with a diverse range of talent and expertise, specifically geared toward upskilling your organization in recognizing and responding to mental health needs of your employees. We provide on-demand resources and customized training sessions that will establish a foundational level of shared knowledge in 'empathy and response' across your organization.

The Veteran Workforce Toolkit Contains Materials that:

Normalizes Mental Health Conversations: Making discussions about mental well-being a standard part of the workplace.

Provides Actionable Support: Offering clear examples and strategies for mutual aid and support.

Builds Trust: Strengthening team bonds through shared commitment to wellness.

Enhances Workplace Resilience: Cultivating a stronger, more supportive work environment.

Ensures Appropriate Help: Guiding team members to the right resources.

Contact Us

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