



WORKPLACE WELLNESS 360°  
Mental Health America Lakeshore

# Workplace Ambassadors

Mental Health America Lakeshore



# What is a workplace ambassador?

Whether you are an associate, manager, director, executive, or an owner at your workplace, you can make a difference in improving mental health and wellness for all in your workplace. *Workplace ambassadors are people within the organization that can have **peer-to-peer conversations** with their colleagues about mental health topics, education, and concerns. They **encourage others to care for their mental health**.* So much of our time is spent at work and good mental health is crucial for employee morale, productivity, career longevity, and overall fulfillment.



# What do ambassadors do?

- Help others to understand mental health
- Share resources
- Share your story (if comfortable)
- Support colleagues
- Shape the conversation around mental health
- Reduce and breakdown stigma
- Begin to shape a culture of acceptance and mental wellness at your workplace



# What qualities does a workplace ambassador possess?

- Empathetic
- Patient
- Open-minded
- Humanistic
- Good boundaries
- Listener

**You do not need a background in behavioral health or psychology!**



# Expectations

## How do you get started as a workplace mental health ambassador?

- Complete workplace ambassador orientation
- Complete Before Stage 4 training
- Watch and commit to MHA Lakeshore's 'Support not Stigma' Pledge
- Participate in ongoing training that MHA provides to Ambassadors



# Ongoing Ambassadorship

## What can you do to help others?

- Just listen
- Provide welcoming and non-judgmental environments
- Check in on friends and colleagues
- Inform and educate colleagues about information & resources available
- Participate in and promote mental health campaigns, services, and events from MHA Lakeshore
- Include Mental Health Ambassador badge in email signature (if allowable at your organization)



**“ One of the most important things you can do on this earth is to let people know they are not alone.**

Shannon Alder

**”**

# Questions?



# Thank you

Dana Bear

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