

# Enhanced services

1st Quarter 2016 Manager Newsletter

## Train your staff in Mental Health First Aid

Most people want to support someone with a mental health problem but they might not know how. Perhaps they're afraid of saying the wrong thing. By attending a Mental Health First Aid seminar, your staff can learn how to help.

*\* To date, research evidence is based on the eight hour certification program*



Mental Health First Aid is an evidence-based approach.\* Research shows the training helps participants:

- Better understand mental health and substance abuse
- Build confidence in skills that can help others
- Decrease stigma
- Increase positive beliefs about treatment
- Know about available resources and support options



Professional Care Management can help with peace of mind by providing:

- In-home assessments
- Post-hospitalization assessments
- Facility reviews
- Ongoing care coordination

## Help your staff care for aging or ailing loved ones

When your employees worry about their aging loved ones, it can affect their performance and their ability to focus at work.

Want to learn more? [Simply click here to see all the ways Professional Care Managers can help.](#)

You or your benefits representative can find out more by contacting an Account Representative or e-mailing Sales at [AetnaBH\\_EAPSales@aetna.com](mailto:AetnaBH_EAPSales@aetna.com).

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