



FOR IMMEDIATE RELEASE

## WellSpark Teams Up With Mental Health Connecticut to Bring Mental Health First Aid to WellSpark Customers

**FARMINGTON, Conn. – May 23, 2022** – In coordination with Mental Health Awareness Month in May and in an effort to support business leaders and organizations in their goals to make mental wellness a priority, WellSpark has announced a partnership with Mental Health Connecticut to bring Mental Health First Aid (MHFA) to WellSpark customers across the country.

MHFA is an evidence-based training administered through the [National Council for Mental Wellbeing](#). Originally created in Australia in 2001, MHFA is a non-medical, prevention and intervention program designed for the public. Individuals receive comprehensive training as certified “First Aiders” ready to help friends, family, co-workers, neighbors, and anyone in need of mental health support, resources, and options for positive next steps.

“At WellSpark, we’re committed to supporting the health of the whole person – from the social factors that drive certain outcomes, to a person’s physical and mental wellbeing,” said Roberta Wachtelhausen, President of WellSpark Health. “Mental Health Connecticut shares our mission to create healthier futures for the communities we serve. This initiative will help further our efforts to reach people where they are by providing additional education and resources that our clients can access.”

“MHC applauds WellSpark and their clientele for taking a proactive approach to mental wellness,” said Luis Perez, President and CEO, Mental Health Connecticut. “MHFA is proven effective in its approach to helping create environments where psychological safety for all is as equally important as physical safety, providing leaders with an important tool in their wellness toolbox that is missing in many organizations.”

Nationwide, May was named Mental Health Awareness Month in 1949 by [Mental Health America](#) to raise awareness about mental health conditions and the importance of mental wellbeing for all. The global pandemic, and a call for prevention and intervention efforts to address the growing mental health crisis, have elevated the need to make mental health a priority in the workplace. MHFA is an important first step in ensuring employees get essential support and connection to resources.

MHFA teaches individuals how to identify, understand and respond to signs of mental health and substance use challenges. MHFA provides skills to reach out and provide initial help and support to someone who may be developing a mental health or substance use challenge or experiencing a crisis. More than 2.6 million people across the United States have been trained in MHFA by a dedicated base of more than 15,000 Instructors.

Mental Health Connecticut and its expert training team will support WellSpark’s wellness offerings with new and existing clients to expedite MHFA training for employees. A platinum-level recipient of Mental Health America’s Bell Seal for Workplace Mental Health, Mental Health Connecticut is bringing over 100 years of expertise in the mental health field to workplace environments of all industries.



### **About WellSpark**

WellSpark Health, a leading wellbeing, disease prevention and management company, delivers a full suite of customized programs designed to support the modern workforce in achieving their personal well. Working with WellSpark, employers create a culture of health motivating employees to engagement and enduring change. This ultimately leads to mitigating future healthcare costs, improving productivity and engagement, and reducing absenteeism. Based in Connecticut, WellSpark serves public and private sector employers throughout the United States. WellSpark is part of the EmblemHealth family of companies. For more information, visit [wellsparkhealth.com](http://wellsparkhealth.com).

Contact: Kim Kann  
860-409-6422 [Kkann@connecticare.com](mailto:Kkann@connecticare.com)

### **About Mental Health Connecticut**

With a person-centered approach to care, Mental Health Connecticut's mission is to partner with individuals, families, and communities to create environments that support long-term health and wellness. We measure success by our ability to support the recovery journey and help individuals obtain a safe home, achieve whole health, realize a meaningful purpose, and develop connections in the community. Established by Clifford Beers in 1908, MHC is committed to the mental health and wellness of all Connecticut residents through advocacy, education, and service. MHC is CARF-accredited and a Platinum Level Bell Seal recipient of Mental Health America's Workplace for Mental Health certification. For more information about MHC, visit: [www.mhconn.org](http://www.mhconn.org)

Contact: Suzi Craig  
860-384-4480 [scraig@mhconn.org](mailto:scraig@mhconn.org)

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