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HR Florida Seeks to Expand Mental Health Training for HR Professionals Across the State

Workshop provides HR professionals with instruction and resources to support prevalent need for mental health resources at the workplace

Orlando, Fla. (January 16, 2020) – [HR Florida State Council](#) (HR Florida), the premier resource for best practices serving the public and HR professionals in the state of Florida, is responding to the growing demand for mental health resources at the workplace by expanding its initiative to provide comprehensive mental health training for HR professionals across the state.

“60 million Americans are living with mental health conditions which can have a big impact on their performance and happiness in the workplace,” said Eve Sweeting, 2019 Diversity Director at HR Florida. “We’re focusing on this initiative to expand our mental health training program because it’s imperative that HR professionals be aware and equipped with the right tools to help employees in need.”

According to a [recent study](#) Mind Share Partner conducted with *Harvard Business Review*, 60% of the 1,500 individuals surveyed reported experiencing symptoms of a mental health condition in the past year. However, 80% of workers will not seek help because of the associated shame and stigma. The study also reported that 86% of the survey takers said that it’s important to them that a company’s culture supports mental health.

The mental health first aid training workshop, which is certified by the National Council for Behavioral Health, has already seen great success in filling classes to full capacity in the West Palm Beach, Jacksonville and Fort Myers markets, and is working with local providers and HR Florida chapters to secure sponsors for future classes in additional cities. Previous workshop attendees have expressed overwhelming support for the program.

“Thank you for your work in putting this resource together for us. I feel it was very valuable and also needed training in our society, period,” said workshop attendee Kim Hopkins, PHR, SHRM-CP, HR Director at McGregor Baptist Church in Fort Myers.

The workshop covers signs and symptoms of common mental health disorders and substance abuse/addiction, and how it might show up in the work environment. The workshop also equips HR professionals with available resources to provide to individuals experiencing mental health symptoms.

“With the current stressors that we all experience within the workplace and outside of the workplace, this workshop is most timely and needed,” said Nancy Korista, SHRM-CP, PHR, 2019 District Director – Area 8 at HR Florida. “I believe it should become part of the required course of study for the SHRM Certifications, as well as for undergrad Human Resource studies.”

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ABOUT HR FLORIDA STATE COUNCIL

Representing over 15,000 individual human resource professionals, the HR Florida State Council is the state affiliate for the Society for Human Resource Management (SHRM). HR Florida is a 100 percent volunteer entity consisting of 28 SHRM affiliated chapters across the state. The Council’s primary objective is to support the mission and initiatives of SHRM. HR Florida coordinates professional development efforts and serve as the conduit for communication among SHRM and chapters as well as at-large members. For more information visit www.hrflorida.org.