**Subject:** Request for Mental Health First Aid at Work Training

Hi [Manager/HR Name],

I’d like to request that our company bring in Mental Health First Aid at Work training. This program teaches employees how to recognize and respond to mental health and substance use challenges, helping us build a healthier and more supportive workplace.

* **Why it matters:** Mental health challenges affect performance, retention, and well-being. Supporting employees improves productivity and reduces costs.
* **Proven impact:** For every $1 invested in mental health, the economy sees an average $4 return.
* **Employee benefit:** 92% of employees who complete the training feel more confident supporting colleagues in need.

[Uplift Learning Solutions](https://www.upliftlearningsolutions.com/mental-health-first-aid-for-organizations/) provides this training, and they can run the session virtually or in-person. I truly believe this would make a positive impact on our team and culture.

[Here’s a flyer with more information](https://www.upliftlearningsolutions.com/wp-content/uploads/2025/08/MHFA-Uplift-Flyer.pdf). Thank you for considering this request!

[Your Name]