



## **It Takes More Than Hardhat to Keep a Head Safe: Mental Health Awareness for the Workplace**

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**Tagline:** When you think about workplace hazards, physical risks are probably at the top of the list — an unprotected fall, an unmarked restricted zone, etc. But what about the dangers you can't see?

**Synopsis:** In this presentation, we'll focus on creating a workplace where mental wellness instills a safer and healthier employee experience. Understanding the connection between mental health and productivity, we'll explore strategies to foster a supportive work environment. Whether you're a team member or in a leadership role, we'll discuss practical steps to build a workplace where employees and businesses can thrive. Join us for insights on cultivating a resilient workforce and ensuring the safety of not just bodies, but minds too.

**Presenter & Bio:** Mandy McIntyre, Founder/Principal of Level Up Consultants

*Mandy McIntyre is the founder of Level Up Consultants in Cleveland, Ohio. Before starting her business, she was vice president for a roofing contractor in Cleveland where she worked for nearly 10 years in the industry. She serves as DEI Chair on the Board of Directors for National Women in Roofing and is on the Advisory Board for Unicorns & Polka Dots, a non-profit organization supporting people in recovery from substance use disorder (SUD). As a change agent for mental health, she serves on the Construction Suicide Prevention Steering Committee collaborating with OSHA and other supporters to promote mental health awareness. Mandy is a registered Mental Health First Aid instructor through the National Council for Mental Wellbeing and a yoga and meditation teacher through the Yoga Alliance. She has completed Cornell University's D&I certificate program and Harvard University's Leadership Principles program respectively.*

