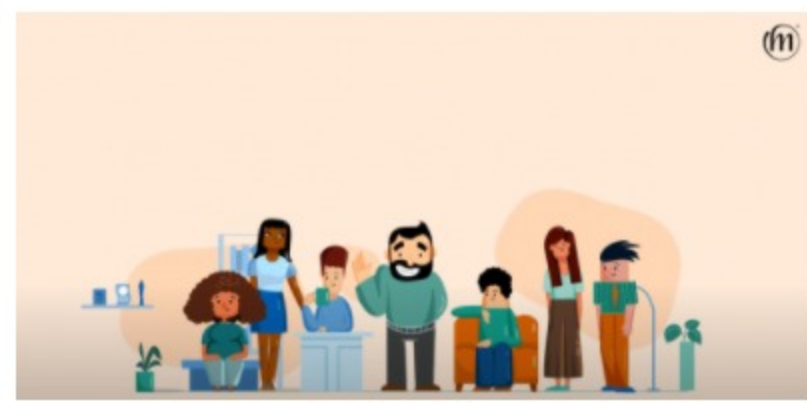


# Manah Wellness Trains 100 Wellbeing Ambassadors and Champions to Support Workplace Mental Health

eTradeWire News/10662218



**Wellbeing Ambassadors are 'first responders' equipped with the knowledge and tools to support mental health at the workplace. The 100 Wellbeing Ambassadors and Champions have been trained for Manah Wellness's clients across India and Southeast Asia. The milestone was reached in 5 months following the training programme's launch by Manah Wellness.**

**BANGALORE, India** - eTradeWire -- Manah Wellness, a leading provider of employee wellbeing services, today announced that it had completed the training of 100 Wellbeing Ambassadors and Champions. The milestone marks a boost for workplace mental health in the region, as these Ambassadors and Champions will cater to a cumulative workforce of ~20,000 people in India and Southeast Asia across varied sectors like investment banking, insurance, shipping, and real estate.

With workplace mental health in focus worldwide, progressive employers are responding proactively and sensitively to mental health issues among their employees. Manah's Wellbeing Ambassador and Champion training programme was launched last year to support this very goal.

## More on eTradeWire News

Tips For Buying Your First Home

Countless Lives Saved Through Identifying PAD: The Silent Killer

DropOffer announces New Advisory Board Members

'My Family Matters Foundation' Obtains 501c3 Status, Thanks To A2Z Filings' Shai Goldstein Expertise

Garden City Realty recognizes its Agent of the Month and Quarter, Drew Streett

**Dr Ashwin Naik, Co-founder, Manah Wellness, said, "Mental health 'first responders' help in closing the mental health treatment gap, which arises due to the lack of access to resources like psychiatrists, psychologists, or counsellors. In other cases, stigma prevents people from getting professional help. However, they would be more likely to open up to a colleague or friend. By training mental health Ambassadors and Champions within organisations, we are addressing that important gap."**

It is important to note that the Wellbeing Ambassadors and Champions trained by Manah do not diagnose disorders or prescribe medication. They identify, approach, and assist people in distress using science-backed tools and a humane touch, and direct them towards company-facilitated programmes or external medical experts with total confidentiality and sensitivity to the person's needs.

The programme has received a tremendous response from companies and HR leaders, who have implemented it for their colleagues as part of their larger employee wellbeing strategies.

## More on eTradeWire News

Nation's Top Producing Exclusive Buyer Agent Creates Real Estate Team

David Fleisch Receives APWA's Public Works Professional of the Year Award for 2021

Court Blocks Biden's War on Covid - Now He Can't Keep Doing Nothing

Cheryl Hazel Team Hacks Real Estate Market with Proprietary Algorithm

Buy Local Announces First Luncheon of 2022

**Capt. Rajesh Unni, Founder & CEO, Synergy Marine Group said, "Most people struggling with mental health issues do not receive the help they need. And this can have long-lasting impacts on their lives. Therefore, having a communication link between people who need help with mental health issues, and those who can provide help or assistance is extremely critical."**

Manah Wellness's wellbeing programmes are driven by its team of psychologists, who have extensive experience in delivering mental health and wellbeing solutions to top-tier employers in India and abroad.

More information on Manah's Wellbeing Ambassador and Champion training programme can be found here:  
<https://www.manahwellness.com/wellbeing-ambassadors>

## About Manah Wellness

Manah Wellness works with organisations to deliver world-class emotional wellbeing solutions, including wellbeing assessments, one-on-one counselling, and customised workshops.

## Contact

Ritika Arora

\*\*\*@manahwellness.com

8800667850

Source: Manah Wellness

Filed Under: Health