

Workplace mental health, training & human-centred consulting

Disha Mehta, BPH, CAPM · Founder & Consultant · Certified Mental Health First Aid facilitator · Greater Toronto Area, Ontario · Virtual services across Canada

HumanWell Consulting helps organizations build healthier people, stronger teams and more sustainable workplaces through mental health education, compassion fatigue and burnout prevention, trauma-informed communication, facilitation and human-centred program consulting.

Services

Workplace Mental Health & Wellbeing	Mental health literacy, manager capability, wellbeing strategy review, psychological safety.
Compassion Fatigue & Burnout	Evidence-informed workshops for helping professions, team debrief structures, supervisor supports.
Healthcare & Community Training	MHFA certification, safe client-centred communication, supporting clients in distress.
Program & Training Development	Curriculum and facilitator guides, logic models and evaluation, onboarding pathways.
Facilitation & Consulting	Retreat and team-day facilitation, Needs Discovery processes, advisory support, speaking.

Who we work with

Healthcare · Nonprofits · Social services · Community organizations · Education · Caregiver-support organizations · Settlement & newcomer services · Client-facing teams

Delivery & formats

- 60–90 minute sessions, half-day, full-day, or customized multi-module programs.
- Virtual delivery across Canada; in-person delivery by arrangement.
- MHFA certification courses follow the official MHFA course schedule and group-size requirements.
- Facilitator materials, take-home resources and follow-up sessions available on request.

How we work

- Needs Discovery — a free 30-minute consultation on Google Meet to understand what your team is navigating.
- Co-design — content, scenarios and format built with your team.
- Delivery & follow-through — facilitation, resources, and simple ways to track what changed.

Signature workshops

Compassion Fatigue: Caring Without Burning Out

Recognize compassion fatigue, vicarious trauma and burnout; build sustainable coping, boundaries and team supports.

Ideal audience: Frontline and client-facing staff, counsellors, settlement and social service workers, caregivers, supervisors.

Delivery: 90 minutes, half-day or full-day. Evidence-informed curriculum developed by HumanWell Consulting.

Mental Health First Aid: Certificate from MHCC

The official MHFA course: recognize a mental health problem or crisis, have a supportive conversation, respond in a crisis, and connect people to support.

Ideal audience: Whole teams — frontline staff, supervisors, HR, educators, volunteers and community leaders.

Delivery: Official MHFA course schedule; participants who complete the course receive MHFA certification.

Evidence-based curriculum from the Mental Health Commission of Canada.

Trauma-Informed Communication for Client-Facing Professionals

Safer, steadier conversations with clients and communities: trauma-informed principles, language that lowers distress, de-escalation basics, handling disclosures.

Ideal audience: Intake, reception, case management, health and community service roles.

Delivery: 90 minutes or half-day. Evidence-informed curriculum developed by HumanWell Consulting.

Beyond Burnout: Building Sustainable Workplace Wellbeing

Assess the structural drivers of burnout, identify protective factors, and leave with a sequenced action plan.

Ideal audience: Leadership teams, managers, HR and people-and-culture leads.

Delivery: Half-day or full-day plus optional follow-up. Evidence-informed curriculum developed by HumanWell Consulting.

Custom Training

Designed after a Needs Discovery conversation, using scenarios drawn from your team's real work.

Ideal audience: Any team with a need the signature workshops don't cover.

Delivery: Length and format agreed with you. Virtual Canada-wide; in person by arrangement.

Book a free 30-minute consultation

humanwell.ca/book

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dishameh@humanwell.ca · +1 (905) 327-3308 · Greater Toronto Area, Ontario · Virtual services across Canada

HumanWell Consulting provides education, training and organizational consulting. Our services are not psychotherapy, counselling, medical treatment or crisis services. If you or someone you know is in immediate danger, call 911; for suicide crisis support in Canada, call or text 988.