# The Fourth Wave of Safety: Training the Mind



**Recorded Date:** October 14, 2021

**Time:** 9:00-10:30AM PDT

**Speaker:** Dr Ryan Todd

**Recording:** To access the recording of this webinar, please go here.

Having lived through three full waves (!) of a pandemic, employers are now preparing for the long-term mental health implications of more than a year of heightened stress, isolation, depression, anxiety and substance abuse in their workforce. Because, let's face it – we ALL faced mental health during the course of the pandemic.

Now, employers are looking for ways to offer the vital mental health resources to their teams to build into their culture, avoiding the traps of the failed mental health initiatives of the past, and prepare for the fourth wave of mental health.

This talk, led by Dr. Ryan Todd, CEO of the mental health tech company headversity, talks about how to successfully integrate the mental health message into your company safety initiatives, and demonstrates ways to revitalize the health and safety meeting. Dr. Ryan Todd is a psychiatrist and technologist, founding the workplace mental health and resilience platform, Headversity. His work at Headversity brought together a team of psychiatrists, psychologists, and educators to build an industry-redefining platform that is setting the new standard for workplace mental health, working with some of North America's largest and leading employers. Dr. Todd is also an award-winning documentarian, a Top 40 under 40 recipient with Avenue Magazine, a published researcher, and the host of the popular HR podcast, "Beyond the Checkbox". Through Headversity, Dr. Todd envisions shifting mental health out of the back-logged system and into employees' hands through personal resilience training.