

Company: Mental Wealth International, Enniskillen, Ireland

Company Description: Mental Wealth International founded by Emma Weaver. With over two decades managing mental health services the recognition of more needing to be done to support people in the construction industry and other employers, gyms and Tech, lead to founding the organisation. Listening to the needs and tailoring each package to the workforce is unique only to Mental Wealth International.

Nomination Category: Achievement Categories

Nomination Sub Category: Achievement in Workplace Mental Health Programs for Women

Nomination Title: Mental Wealth International: Unlocking a Proactive Approach to Mental Well-being.



1. Which will you submit for your nomination in this category, a video of up to five (5) minutes, explaining the nominated achievements since July 1 of 2023, OR written answers to the questions? (Choose one):

Written answers to the questions

2. If you are submitting a video of up to five (5) minutes in length, provide the URL of the video here, OR attach it to your entry via the "Add Attachments, Videos, or Links to This Entry" link above, through which you may also upload a copy of your video. If you are submitting written answers to the questions, provide them in the appropriate spaces below:

3. Briefly describe the nominated organization: history and past performance (up to 200 words):

Emma Weaver's extraordinary impact began with a profound moment of clarity in 2001. Graduating in social care on the very day of the Twin Towers event, she entered a world that was changed forever. Her work would be at the forefront of that change.

During early placements in mental health day support, Emma realised the issues she had wrongly assumed were for a select few affected people from all walks of life, including the people she knew. This realisation became her driving force, and she quickly gained qualifications to become the youngest manager in her organisation, leading mental health services that shaped policy in Northern Ireland. Emma realised the system was broken when a woman shared her two-year wait for support, costing her job and her marriage. This heartbreaking story confirmed that support needed to be proactively brought directly to people.

In 2021, she founded Mental Wealth International to empower individuals to build a 'vault' of resilience, proactively accessing mental health tools. Her solo mission has grown to a team of four, transforming the well-being of hundreds, delivering accredited mental health first aid qualifications, workshops, and keynotes to people across diverse industries globally.

4. Outline the organization's achievements since the beginning of last year that you wish to bring to the judges' attention (up to 250 words):

Mental Wealth International's achievements since July 2023 have been transformative. A cornerstone of this period was the launch of Emma's innovative, online Mental Health Toolbox Talks, designed to deliver flexible, on-demand support directly to workplaces. Conceived from a client's request for inefficient monthly in-person sessions. These accessible, pre-recorded talks offer companies a suite of 12 topics, complete with workbooks and transcriptions, ensuring accessibility for all learning styles. Since their launch, over a thousand people have accessed this resource, enabling businesses to proactively address mental health tools with immediate, tangible support.

Expanding on her philosophy, Emma's book, *Mental Wealth: A Guide to Being Rich by Seeking Enrichment*, is a practical guide that combines professional insights with raw, personal stories of overcoming mental health challenges, reinforcing the core message that well-being is about making daily 'deposits' into your wealth vault to build resilience.

Beyond core services, Emma's influence extended internationally. She's spoken at events in Dubai and served as MC for the Imperfectly Perfect mental health campaign in Los Angeles. In a powerful testament to her commitment to empowering women, she led an all-female trade mission of 26 Irish businesswomen to New York, opening doors for others who might not have had the opportunity. This period was also marked by significant industry recognition, as Emma was honoured with two Women Changing the World awards in 2024 for her work. Each achievement emphasises her dedication to proactive, accessible, and community-focused mental health support, reshaping the conversation one workplace and individual at a time.

5. Explain why the achievements you have highlighted are unique or significant. If possible compare the achievements to the performance of other players in your industry and/or to the organization's past performance (up to 250 words):

Mental Wealth International is repairing the critical failings of a traditional, reactive mental health system. This innovative program bridges the wide chasm between those needing mental health treatment and those providing support. Current health systems are woefully under-resourced and unable to adequately respond to mental health needs. When they do, the quality of care is slow and insufficient.

The World Health Organisation confirms the reality that only 29% of people with psychosis and a third of people with depression receive formal mental health care. Sadly, the system requires people to become unwell before they can seek help, and even then, they face excruciatingly long waiting lists. This is tragically highlighted by data showing that individuals with severe mental health conditions die 10 to 20 years earlier than the general population.

The Mental Wealth Program offers a unique and vital alternative, proactively getting ahead of the crisis. This isn't just a concept; it's a call to action, encouraging and enabling daily, preventative practices for individuals to build a vault of resilience so they can support themselves. Delivered directly to people in their communities and workplaces, it's a significant departure from the historical model of removing individuals to be 'fixed'. Mental Wealth International is one of the only organisations in Ireland that delivers mental health first aid training in person on construction sites, supporting workers rather than expecting them to visit a clinic. This is crucial in an industry where, tragically, more construction workers die by suicide than from workplace accidents.

6. Reference any attachments of supporting materials throughout this nomination and how they provide evidence of the claims you have made in this nomination (up to 250 words):

The attached supporting document highlights Emma's unique approach to workplace wellbeing, including insights into Mental Wealth International services, her authorship, speaking, and impact on the community and her recognition with awards and media coverage.

Attachments/Videos/Links:

[Mental Wealth International: Unlocking a Proactive Approach to Mental Well-being.](#)



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