

EMPLOYER RESOURCES:

American Psychological Association (AMA): 5 ways to improve employee mental health

Start here for positive and supportive workplace practices that can boost employee mental health, company morale, and your bottom line.

<https://www.apa.org/topics/workplace/improve-employee-mental-health>

Mental Health America (MHA): Offering Benefits that Matter

Discover what benefits and perks matter most to the happiness and wellness of your employee.

<https://www.mhanational.org/workplace/mental-health-for-employers>

MHA: How can leadership normalize the conversation around mental health?

Cultivating a mentally healthy workplace is a collaborative effort. It demands intention, commitment, and support at all levels of the company. Leaders set the tone.

<https://www.mhanational.org/how-can-leadership-normalize-conversation-around-mental-health>

Workplace Mental Health Playbook

Workplace Mental Health: A Conversation Guide for Managers