

## Mental Health Resources for Employers

Our country is facing an unprecedented mental health crisis. The crisis isn't just affecting adults, it's devastating young people, and people from every background are impacted. Even on the best days, stress can prevent us from being fully focused and doing our best work. And too much of it can lead to burnout, disengagement, more sick days, and strained relationships in the workplace.

It's never been more critical for business and HR leaders to address the mental well-being of their teams. Today we will increase our knowledge on mental health. I encourage you to check our resource page on the SHRM for MH resources. Benefits renewals are coming up, take a look at mental health components and talk with your broker or carriers. An employer that strives to improve workplace culture, offers meaningful benefits, and commits to mental health from the top-down can make a considerable impact on its organization's financial, emotional, and social health. When an employer invests in mental health, it is simply better for employees and better for business. Click on the links below-

**Mental Health Awareness Month toolkit:** Mental Health Awareness Month was established in 1949 to increase awareness of the importance of mental health and wellness in Americans' lives and to celebrate recovery from mental illness. For the past 20 years, the Substance Abuse and Mental Health Services Administration (SAMHSA) has recognized **Mental Health Awareness Month (MHAM)** every May to increase awareness about the vital role mental health plays in our overall health and well-being.

**Headspace.com:** Headspace for Work is a science-backed meditation and mindfulness solution for the workplace that helps your team take care of their minds.

**SupportLinc.com:** (EAP) SupportLinc provides expert content and a comprehensive set of tools to support your emotional fitness and wellbeing -- all in a secure, confidential and easy-to-use platform. Every time an employee, spouse, or dependent calls, they speak to a licensed health professional. 24/7 365 days of the year.

**SHRM- Mental Health Awareness:** employer strategies, webinars, and resources from SHRM.

**Local Mental Health Resources:** The Tulare County Health & Human Services Agency (HHS) Mental Health Branch provides services for residents who are experiencing symptoms of mental illness. Both County-operated and community-based clinics provide services ranging from outpatient to long-term care. Together, these programs create a system of care for individuals of all ages experiencing mental health problems. Mental health services are provided in several languages. Our goal is to help you avoid hospitalization and

help you live and thrive within your community. To do so we use a “whatever it takes” approach to support the wellness and recovery process.

**Cal Hope Resources:** Cal HOPE delivers crisis support for communities impacted by a national disaster. This is a Crisis Counseling Assistance and Training Program funded by the [Federal Emergency Management Agency](#), and run by the [California Department of Health Care Services](#). If you have team members impacted by the flood or during wild fire season, this is a great resource.

**Mental Health Resources for Employers:** Find More Information about How To Improve Mental Health In Your Workplace from Mental Health America (MHA).

- [Compassion In A Crisis: Promoting Human Health During A Pandemic](#)
- [Your Employees Are Stressed: Why Digital Mental Health Solutions Are Important In These Unpredictable Times And Beyond](#)
- [5 Things Managers Can Do During COVID-19](#) [5 Ways To Encourage Mental Health In The Workplace](#)
- [Culture That Encourages Employees To Stay: What We Know About Workplace Culture](#)
- [How Company Culture May Be Impacting Your Mental Health](#)
- [Over Half Of Employees Cite Work As A Source Of Stress: Can Apps Remedy Mentally Unhealthy Workplaces?](#)
- [Positive Relationships In The Workplace](#)
- [Creating A Positive Workplace For Employee Mental Health](#)
- [Peer Support To Address Depression At Work](#)
- [Improving Workplace Mental Health Through EAP Usage](#)
- [Put Employees First For Everyone’s Mental Health](#)
- [Engaged Employees Are Experiencing Burnout](#)
- [Manufacturing, Retail, And Food And Beverage Industries Rank Worst For Workplace Mental Health](#)

**If your team member discloses a sexual assault or domestic violence situation:** You can provide local support resources.

DOMESTIC VIOLENCE HOTLINE: [559-732-5941](tel:559-732-5941)

SEXUAL ASSAULT HOTLINE: [559-732-7273](tel:559-732-7273)

CHAT WITH AN ADVOCATE M-F 8-5: [CLICK TO CHAT](#)