MHA's Workplace Mental Health Resources

Workplace Microsite
Find MHA's workplace mental health initiatives in one place, including the Mind the Workplace reports, *Bell Seal for Workplace Mental Health* program, and employer and employee resources at https://mhanational.org/workplace.

Bell Seal for Workplace Mental Health
MHA's Bell Seal for Workplace Mental Health is a national employer certification program that recognizes and guides employers committed to creating mentally healthy workplaces. With 40 years of experience in workplace wellness, and expertise from our 2020-21 Workplace Advisory Board, MHA developed standards to evaluate an employer's policies and practices that support employee mental health and well-being. Begin the application process to become a Bell Seal certified organization here.

Workplace Mental Health Research
With support from The Faas Foundation, MHA embarked on a multi-year research project on workplace mental health with the launch of the Work Health Survey in 2015. Between 2015 and 2020, MHA has analyzed over 33,000 employee surveys across 19 industries in the U.S. and published four Mind the Workplace Reports:

- Workplace Wellness Report: Mind the Workplace 2018
- Workplace Wellness Report: Mind the Workplace 2019
- Creating A Healthy Workplace: Impact of Supervisor Support and Company Culture
- Workplace Wellness Report: Mind the Workplace 2021

Survey findings explore the relationships between managerial style, workplace health, and employee engagement, concepts that have, in recent years, become more measurable and indicative of workplace stress levels and overall mental health.

Mental Health Screening Tools
MHA provides free anonymous online screenings for ten mental health conditions, including depression, anxiety, bipolar, PTSD, psychosis, addiction, eating disorders, and a screen for parents and youth. Screening tools are scientifically validated and the most commonly used screens in primary care. Users can email or print screens to give to providers. Employers can link the screens electronically via emails or distribution lists. Take a mental health screening at https://screening.mhanational.org/screening-tools/.

Digital Supports
After completing a screening, people have access to education, DIY tools, treatment information, linkage to services, or ways to connect to others anonymously online. Email screening@mhanational.org for questions or additional technical support.

MHA Stress Screen
This stress screen is a valuable tool for employees to self-evaluate their level of stress. Take the stress screen as http://www.mhanational.org/stress-screener.

Mental Health Education
MHA's Mental Health Toolkits include fact sheets that companies can print out for distribution to employees, activities for staff to participate in, and self-help worksheets for people to do on their own to build skills. The topics and links to each toolkit are below. Toolkits are created as part of Mental Health Month campaigns, and new toolkits are created every year in March in preparation for events in May.

1) Tools 2 Thrive (2021): https://mhanational.org/2021toolkit
   2021's Tools 2 Thrive provides practical tools that everyone can use to improve their mental health and increase their resiliency regardless of their situation. The toolkit includes sample materials for communications and social media as well as printable handouts on the following topics:
   - Adapting after trauma and stress
   - Dealing with anger and frustration
   - Getting out of thinking traps
   - Processing big changes
   - Taking time for yourself
   - Radical acceptance

2) Tools 2 Thrive (2020): https://mhanational.org/2020toolkit
   2020's theme of Tools 2 Thrive provides practical tools that everyone can use to improve their mental health and increase resiliency regardless of the situations they are dealing with. We now believe that these tools – even those that may need to be adapted for the short term because of COVID-19 and social distancing – will be more useful than ever.

3) For Mind for Body II (2019): https://www.mhanational.org/get-involved/2019-mental-health-month-toolkit 2019's Mental Health Month campaign is expanding upon last year's theme of #4Mind4Body and taking it to the next level. The toolkit explores animal companionship (including pets and support animals), spirituality, humor, work-life balance, and recreation and social connections as ways to boost mental health and general wellness.

4) For Mind for Body (2018): https://www.mhanational.org/mental-health-month-2018-toolkit-download. This toolkit explores the intersection of physical and mental health with fact sheets on the importance of healthy eating, exercise, sleep, stress, and the gut-brain connection.

5) Risky Business (2017): https://www.mhanational.org/mental-health-month-2017-toolkit-download. This toolkit provides facts and supports for addiction and other challenges that people turn to when struggling with mental illness.

6) Mental Illness Feels Like (2016): https://www.mhanational.org/mental-health-month-2016-toolkit-download. This toolkit offers engaging fact sheets on common mental illness to help people learn more about how to recognize and get support for mental illness.

7) Preventing Mental Health B4Stage4 (2015) https://www.mhanational.org/mental-health-month-2015-toolkit-download. This toolkit offers research and fact sheets about how education, screening, and linkage to care are important first steps to combating mental illness.