

Workplace Mental Health: Employee Support Guide



Is your workplace ready to meet the mental health needs of returning employees during COVID-19?

Large and small employers across all industries quickly adapted to changes brought on by COVID-19. As an immediate response, many employers transitioned to fully remote or semi-remote work environments, and as state restrictions are lifted, employers and employees alike must face the transition back into the workplace.

Along with physical health and safety concerns, many employees are facing stress, anxiety, and other mental health concerns about the impact of the pandemic and work and returning to the office. An effective transition plan for workplaces should include guidelines and actions that consider the mental health aspects of returning to work.

In collaboration with MHA Dallas, MHA created a guide to help employers address the mental health needs of employees as they transition back into the workplace.

Please complete the form below to gain access to Workplace Mental Health: Employee Support Guide.

Bookmark the link for the following page so you can return as needed without re-completing the form.

Name
First
Last

Title

Organization

Email

Address
State/Province (If located in the US)
Country

Are you interested in receiving MHA emails?