



## THE IMPORTANCE OF WORKPLACE WELLNESS

Backed by 40 years of workplace wellness experience, Mental Health America (MHA) understands the key to a healthy business and bottom line: a mentally healthy workforce. All employees, including the 1 in 5 employees who experience a mental health condition each year, benefit from a psychologically safe and supportive workplace.

Now more than ever, employers are facing new challenges in designing supportive workplaces for employees working remotely, when some are in the office and others are working from home, and for workers who must interact regularly with the public. Also, employers are newly striving to create workplace cultures that address broader societal inequities and foster understanding, tolerance, and equity for all – which is directly linked to mental health. **MHA can help.**

As an advocacy organization, MHA listens and learns from the employee perspective to understand which factors contribute to stress, burnout, and mental health at work. We also know that the employer plays a meaningful role in cultivating the conditions that contribute to a positive employee experience.

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.

## THE BELL SEAL FOR WORKPLACE MENTAL HEALTH

In 2019, MHA launched the *Bell Seal for Workplace Mental Health*, a certification program to recognize employers committed to creating mentally healthy workplaces. Through an application process, MHA evaluates an employer's policies and practices that impact employee mental health and awards levels of Bronze, Silver, Gold, and Platinum. **With *Bell Seal* certification, organizations are nationally recognized as leaders in workplace mental health.**

*"EAB is proud to have been Platinum certified by MHA as it recognizes our commitment to bolstering the health and wellness of our employees,"* said EAB Chief Executive Officer David Felsenthal. *"We work hard to create a culture where employees feel safe seeking support for any issue that might impact their ability to bring their full selves to work each day."*

Many "Best Employer" recognition programs exist, but why is the *Bell Seal for Workplace Mental Health* the only program that matters? **The *Bell Seal* is not only a recognition program but a comprehensive framework for organizations to expand their workplace mental health capacities.** In addition, certified organizations have access to resources and connections with MHA and its network of over 180 local affiliates and partners.

We are not an Employee Assistance Program. We are not a corporate wellness program. MHA is the nation's leading community-based organization with a 110-year history of changing minds and mental health systems. Our goals are to recognize employers who are leaders in this space, elevate their efforts on a national scale, and help other companies develop their workforce by following their example.

Addressing mental health at work is no longer a perk; it's an imperative. Regardless of size, industry, or current circumstances, all organizations can be leaders in workplace mental health. Ready to apply to for the *Bell Seal*? Learn more at [www.mhanational.org/bestemployers](http://www.mhanational.org/bestemployers).

