

# ADDITIONAL MHA RESOURCES

## Employee Support Guide

MHA with MHA of Greater Dallas created a [downloadable guide](#) to help employers address the mental health needs of employees as they transition back into the workplace after the COVID-19 pandemic.

## In the Open Podcast

MHA's weekly In the Open podcast features MHA's America Paredes and Theresa Nguyen, who answer questions and discuss various mental health topics. The conversations are easily accessible to people just beginning to learn about their mental health. The In the Open podcast is available on [PodBean](#), [Apple Podcasts](#), Google Podcasts, and Spotify. Check out these workplace-specific episodes:

- [How Do I Find Balance in My Life?](#)
- [Dealing with Mental Health at Work](#)

## Mental Health Education

MHA's Mental Health Month toolkits include fact sheets organizations can print out for distribution to employees, activities for staff, and self-help worksheets for people to do on their own to build skills. New toolkits are released each April in preparation for Mental Health Month in May.

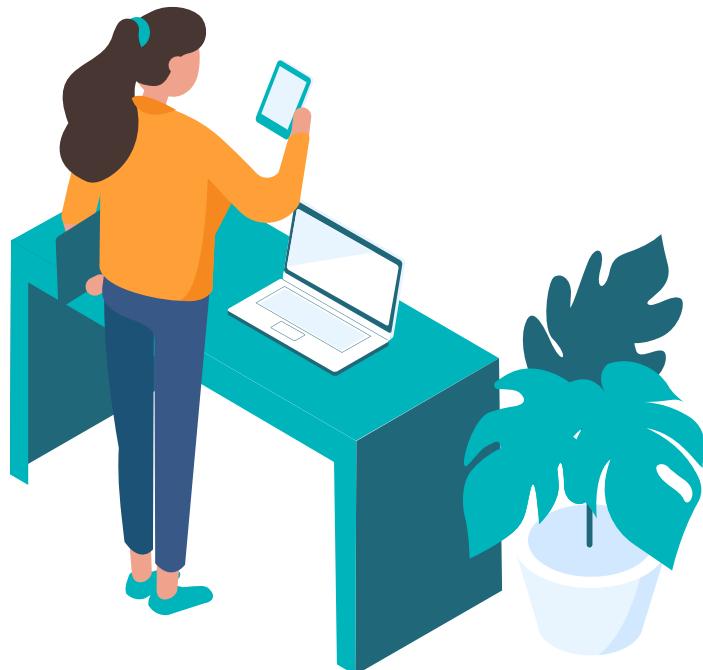
- [Back to Basics \(2022\)](#): The Back-to-Basics toolkit provides foundational knowledge about mental health, common conditions, and what people can do if their mental health is a cause for concern.
- [Tools 2 Thrive \(2021\)](#): The Tools 2 Thrive toolkit provides practical tools everyone can use to improve their mental health and resiliency regardless of their situation.

## Mental Health Screening Tools

MHA provides free, anonymous, online [screenings for common mental health conditions](#). Screening tools are scientifically validated and the most commonly used screens in primary care. After screening, people have access to education, DIY tools, treatment information, linkage to services, or ways to connect to others anonymously online.

## MHA Affiliates

MHA has over 200 affiliates in 42 states, 6,500 affiliate staff, and over 10,000 volunteers that bring direct services and advocacy to communities around the country. Find your local affiliate [here](#).



## MHA Affiliate-led Workplace Mental Health Programs

[Mental Health Connecticut](#) (MHC): MHC believes the next chapter of workplace wellness is creating a mentally fit, thriving environment for all. The MHC Collaborative equips business leaders and HR teams with the tools to elevate mental fitness and psychological safety as top priorities through strategic guidance, evidence-based training, and custom initiatives that deliver long-term impact. MHC is a trauma-informed, recovery-oriented organization that is platinum-level certified in MHA's Bell Seal for Workplace Mental Health. For more information, contact Suzi Craig, MHC's chief strategy officer, at [info@mhconn.org](mailto:info@mhconn.org).

[Mental Health America of Ohio](#) (MHA Ohio): Since creating the [Occumetrics®](#) assessment process in 2016, MHA Ohio has conducted over 80 workplace health assessments with 50+ businesses and organizations. Through an in-depth data gathering process, Occumetrics helps organizational leaders better understand the workplace challenges specific to their employees. They are provided with tailored recommendations – that matter to their staff – to improve the work environment, increase job satisfaction, and decrease turnover.

[Mental Health America Lakeshore](#) (Wisconsin): MHA Lakeshore's [Workplace Wellness 360](#) allows organizations to customize a workplace wellness program based on the needs of their workforce to cultivate engaged, productive, and less-stressed employees using evidence-based best practices for the mind, body, and heart. They provide seminars on Before Stage 4, suicide prevention, mindfulness, leadership, support groups, and more.

## MHA COVID-19 Resource Hub

A wealth of articles, webinars, blogs, and podcasts about how to deal with the mental health struggles presented by the COVID-19 pandemic can be found in this [hub here](#).

## Parent and Child Resources

MHA's Back-to-School and Caregivers toolkits are useful for organizations that want to support the mental health needs of working parents, caregivers, and dependents. Toolkits are released annually in August and September in preparation for the new school year and National Family Caregivers Month in November.

- [All The Feels \(2022\)](#): MHA's 2022 Back-to-School toolkit aims to help students, parents, and school personnel explore and understand emotions. Also, the toolkit shares what actions can be taken to help young people struggling with mental health.
- [National Family Caregivers Toolkit \(2021\)](#): MHA's 2021 Caregivers toolkit focuses on parents – while not all caregivers are parents, all parents are caregivers. MHA has gathered a wealth of resources to help parents and other caregivers work through the challenges of caregiving, start conversations, deal with a crisis, and address their mental health. We've also created new resources for single parents, the sandwich generation, and new fathers – who may feel left out of parental health conversations.

## Workplace Mental Health Research

Since 2015, MHA has analyzed over 56,000 employee surveys across 17 industries in the U.S. and published the following Mind the Workplace reports to report the current landscape of worker health:

- [Workplace Wellness Report: Mind the Workplace 2022](#)
- [Workplace Wellness Report: Mind the Workplace 2021](#)
- [Workplace Wellness Report: Mind the Workplace 2020](#)
- [Workplace Wellness Report: Mind the Workplace 2019](#)
- [Workplace Wellness Report: Mind the Workplace 2018](#)

## Workplace Mental Health Resource Hub

MHA's [workplace mental health initiatives](#) can be found on MHA's website, including its Mind the Workplace research, Bell Seal for Workplace Mental Health national employer certification program, and employer and employee resources.