



The following are resources that may enrich your mental health in the workplace efforts along with a brief explanation of each:

- **ICU Program**
The ICU Program is an anti-stigma campaign designed to foster a workplace culture that supports emotional health.
<http://workplacementalhealth.org/Employer-Resources/ICU>

- **#IWILLLISTEN**
#IWILLLISTEN is an award-winning social media-based public service campaign designed to create awareness of the prevalence of mental illnesses and reduce the stigma associated with them. #IWILLLISTEN encourages people to listen to their friends, family members, and colleagues with an open mind and without judgment when it comes to mental health.
<http://naminyc.iwilllisten.org/>

- **Right Direction**
Right Direction is a high-impact, turnkey initiative that raises awareness about depression and other mental health conditions and encourages help-seeking when it's needed. By providing free resources, tools, and expert guidance on workplace mental health, Right Direction helps organizations create a healthier and more engaged workforce. The initiative offers employers a wealth of free, turnkey resources ranging from content for intranet sites, fact sheets to template PowerPoint presentations.
<http://rightdirectionforme.com/>

- **Stamp Out Stigma**
Stamp Out Stigma is an initiative spearheaded by the Association for Behavioral Health and Wellness (ABHW) to reduce the stigma surrounding mental illness and substance use disorders.
<https://www.stampoutstigma.com/>

- **#B4Stage4 Mental Health Screenings**
Mental Health America's (MHA) screening program provides a collection of online, free, anonymous, confidential, and validated screening tools that can help individuals understand and learn about their mental health.
www.mhascreening.org

Real-World Results: Employer Tactics to Enrich Your Mental Health in the Workplace Strategy

A Case Study with Kent State University

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- Living Well, 4Mind4Body Campaign
Mental Health America (MHA) has created this campaign to provide users with 10 tools to achieve wellness. In addition, MHA offers workplace wellness/health surveys through their workplace wellness portal. MHA offers assistance on operational issues as well, such as board development, fundraising plans, and program implementation. Affiliates also have access to a collection of online templates and resources.
<https://www.mhanational.org/staying-mentally-healthy>

Additional Resources and Guides:

- Best Practices For Creating a Mentally Healthy Workplace by Policy Research Associates, Inc. Access at <https://www.prainc.com/wp-content/uploads/2020/01/BestPracticesforCreatingaMentallyHealthyWorkplace508.pdf>
- CDC. Workplace Health Promotion. *Mental Health in the Workplace* (2019). Access at <https://www.cdc.gov/workplacehealthpromotion/tools-resources/workplace-health/mental-health/index.html>
- CDC. Workplace Health Promotion. *Employers in Action* – National Healthy Worksite Program Case Studies. Access at <https://www.cdc.gov/workplacehealthpromotion/tools-resources/employers-in-action/index.html>
- A Guide to Implementing Right Direction. This guide is designed to help you navigate the Right Direction online resources at each step of planning your mental health initiative. Access at <https://www.rightdirectionforme.com/for-employers/resources/how-tos/right-direction-implementation-guide/>

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