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## *Mental Health Resources*

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We believe that no one should feel alone or without support. We hope these support links can help you provide a workplace environment that is supportive and affirming to every employee (including yourself!), no matter what they are struggling with.

### *Online Resources:*

- MHA / Mental Health America  
mhanational.org
- National Alliance on Mental Illness  
nami.org
- Make it OK Campaign –  
eliminating the stigma attached to  
mental health issues.  
makeitok.org
- Center for Workplace Mental  
Health  
workplacementalhealth.org
- Suicide Prevention in the  
Workplace  
emmresourcecenter.org
- Mental Health First Aid Training  
from the National Council for  
Mental Wellbeing  
mentalhealthfirstaid.org

### *Important Phone Numbers*

- Nat'l Suicide Prevention Lifeline  
800-273-8255
- Nat'l Alliance on Mental Illness  
(NAMI)  
800-950-6264
- Substance Abuse and Mental Health  
Services Administration (SAMHSA)  
800-662-4357
- Military Help Line  
888-457-4838

### *Reading Resources:*

- Wellbeing at Work [LINK](#)  
by Jim Clifton and Jim Harter
- How to Manage an Employee  
with Depression [LINK](#)  
by Harvard Business Review
- Coping with Stress [LINK](#)  
by Center for Disease Control (CDC)
- Navigating a Mental Health Crisis  
[LINK](#)  
by Nat'l Alliance on Mental Illness
- Boundaries for Leaders [LINK](#)  
by Henry Cloud

### *Podcasts:*

- Burnout and How to Complete the  
Stress Cycle [LINK](#)  
by Brené Brown with Emily and  
Amelia Nagoski
- Grit and the Importance of Trying  
New Things [LINK](#)  
by Brené Brown with Dr. Angela  
Duckworth
- The 10 Best Mental Health  
Podcasts to Get You through the  
Year.  
[LINK](#) or [LINK](#)
- Boundaries.me podcast  
by Dr. Henry Cloud [LINK](#)