SUPPORTING EMPLOYEES' MENTAL HEALTH

RESOURCES

BOOKS

Golding, E., & Diaz, P. (2019). *Mental wealth: An essential guide to workplace mental health and wellbeing.* Morgan James Publishing.

Hassan, G., & Butler, D. (2020). *Mental health and wellbeing in the workplace: A practical guide for employers and employees* (1st ed.). Capstone.

ONLINE ARTICLES

Alexiou, G. (2022, October 11). Employers must look closer to recognize nuances driving employee mental health. *Forbes.* https://www.forbes.com/sites/gusalexiou/2022/10/11/employers-must-look-closer-to-recognize-nuances-driving-employee-mental-health/?sh=da3e34964c2a

American Psychiatric Association. (2023, January 23). *Half of young workers report mental health challenges.* https://www.psychiatry.org/news-room/apa-blogs/half-of-young-workers-report-mental-health-challen

Center for Workplace Mental Health. (n.d.). Workplace stress. https://workplacementalhealth.org/mental-health-topics/workplace-stress#section_1

Centers for Disease Control and Prevention. (2021, May 17). *Mental health in the workplace.* https://www.cdc.gov/workplacehealthpromotion/tools-resources/workplace-health/mental-health

Glicksman, E. (2023 February 15). *Report: Managers have bigger impact on employee mental health than therapists.* SHRM. https://www.shrm.org/resourcesandtools/hr-topics/employee-relations/pages/manager-mental-health-of-employees.aspx

Gurchiek, K. (2022, October 11). *Employees around the globe feel lonely, crave a sense of belonging.* SHRM. https://www.shrm.org/hr-today/news/hr-news/pages/employees-around-the-globe-feel-lonely-crave-a-sense-of-belonging.aspx

Lewis, A. (2022, January 4). Let's do better: Supporting employee mental health. *Harvard Business Publishing.* https://www.harvardbusiness.org/lets-do-better-supporting-employee-mental-health

MetLife. (2022). *The rise of the whole employee: 20 Years of change in employer-employee dynamics* (MetLife's 20th Annual U.S. Employee Benefit Trends Study 2022). https://www.metlife.com.au/content/dam/metlifecom/au/thoughtleadership/All/EBTS-2022.pdf

Office of the Surgeon General. (2022, October). *The U.S. Surgeon General's framework for workplace mental health and well-being.* U.S. Department of Health and Human Services. https://www.hhs.gov/sites/default/files/workplace-mental-health-well-being.pdf

Rawe, J. (2021, May 5). *Workplace mental health: 5 Ways to support employee wellness.* Understood. https://www.understood.org/en/articles/workplace-mental-health-5-ways-to-support-employee-wellness

Saurman, A. (2022, October 10). *Mental health in the workforce: How to support your employees.* Occupational Health & Safety. https://ohsonline.com/articles/2022/10/10/mental-health-in-the-workforce.aspx

Federal Occupational Health

SUPPORTING EMPLOYEES' MENTAL HEALTH

WEBSITES

Center for Workplace Mental Health
workplacementalhealth.org

Help Yourself Help Others
helpyourselfhelpothers.org

Workplace Strategies for Mental Health
workplacestrategiesformentalhealth.com

VIDEOS

Sinek, S. (2022, August 12). *Achieving psychological safety*. [Video]. YouTube.
    https://www.youtube.com/watch?v=PYZIvlf5ROw

TEDx Talks. (2018, July 16). *Workplace mental health – All you need to know (for now)* | Tom Oxley [Video].
    YouTube. https://www.youtube.com/watch?v=G0XUimJbz44

PODCASTS

Gillison, D. H., Jr. (Host), & Gruttadaro, D. (Guest). (2023, January 25). Workplace mental health (No. 13)
    [Audio podcast episode]. In *Hope starts with us.* NAMI. https://www.nami.org/Support-
    Education/Podcasts-and-Webinars/Hope-Starts-with-Us/January-2023/Hope-Starts-With-Us-
    Workplace-Mental-Health

Spencer-Thomas, S. (Host), & Diaz, J. (Guest). (2023, January 23). Employee engagement & workplace
    mental health: Interview with Joaquin Diaz (No. 4) [Audio podcast episode]. In *Headspace for the
    workplace with Dr. Sally Spencer-Thomas.* Sally Spencer Thomas.
    https://www.sallyspencerthomas.com/headspace/4

Spencer-Thomas, S. (Host), & Rhodes, J. (Guest). (2023, February 5). The 6 "A"s of advancing a caring
    culture at work: Interview with Julius Rhodes (No. 6) [Audio podcast episode]. In *Headspace for the
    workplace with Dr. Sally Spencer-Thomas.* Sally Spencer Thomas.
    https://www.sallyspencerthomas.com/headspace/6

EAP
24 HOURS
A DAY

800-222-0364
TTY: 888-262-7848
foh4you.com

Federal Occupational Health

Listed resources are suggestions only;
FOH does not endorse any content or material provided.

Links accurate as of March 2023   2