



St. Clair County Community Mental Health is committed to equipping employers with the knowledge and tools to prioritize mental health in the workplace. "Mental Health in the Workplace: A Resource Collection for Employers" is a digital guide crafted by St. Clair County Community Mental Health. This collection of resources aims to empower employers with the tools and insights to foster a healthy workplace environment. Explore a range of resources designed to enhance awareness, provide support, and facilitate positive practices that contribute to the well-being of your workforce.

Toolkits

[AskEARN | Workplace Mental Health Toolkit](#)

The Employer Assistance and Resource Network on Disability Inclusion (EARN) provides tools for organizations to recruit, retain, and advance people with disabilities. The Workplace Mental Health Toolkit guides employers in creating supportive environments for employees with mental health conditions, enhancing overall well-being.

[Workplace Mental Health Toolkit | Mental Health America](#)

Mental Health America offers a comprehensive tool kit for employers that includes links to fact sheets, checklists, and more. Cultivate supportive managers, develop an employee-driven mental health strategy, and foster a healthy workforce.

[Wellbeing at Work - The Mental Health Coalition](#)

The Mental Health Coalition has created a mental health initiative to change the culture around mental wellness at work. This toolkit includes training, language guides, mental health resources, the latest research and assessment tools to evaluate your workplace, and more.

[Oregon Healthy Workforce Center | OHSU](#)

The Oregon Healthy Workforce Center's Safety and Health Improvement Program (SHIP) is an evidence-based toolkit designed for managers in any industry. SHIP contains online training modules, behavior-tracking templates, and team strategies that can help improve employees' safety, health, and well-being.



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Workshops and Trainings

[Home - Minding Your Mind](#)

Minding Your Mind provides a 90-minute workshop, "Improving Wellness in the Workplace," educating adults on the impact of mental health issues on daily life, offering communication techniques and positive coping skills for stress relief.

[Mental Health First Aid – St. Clair County Community Mental Health](#)

Mental Health First Aid is an educational program that teaches participants about the risk factors and warning signs of mental health problems. Similar to learning CPR for a cardiac emergency, Mental Health First Aid equips participants to engage with someone facing a mental health challenge and effectively connect them with professional help. Mental Health First Aid classes are offered throughout the year at St. Clair County Community Mental Health. They can also be scheduled at individual businesses or worksites for groups of at least 12 participants. All Mental Health First Aid classes are free to any adult who lives or works in St. Clair County.

[Bloom: Growing Kids' Mental Well-being - On Our Sleeves](#)

Children's mental health affects company success. Support your employees dealing with their children's well-being through "Bloom: Growing Kids' Mental Well-being." This online curriculum offers concise courses and resources on building mental wellness habits, initiating mental health conversations, and recognizing when kids need help.

[Center for Health, Work & Environment](#)

In this free, 30-minute Mental Health in the Workplace online training, participants will learn the importance of prioritizing and addressing workplace mental health. The course offers research-based outcomes, video testimonials, and interactive activities to better understand how individuals can play an active role in supporting the mental health and well-being of workers.

[National Healthy Worksite Program Worksite Health 101 Training Manual](#)

The Centers for Disease Control Training Manual introduces the National Healthy Worksite Program. This program empowers employers to prioritize long-term sustainable investments in employee health over short-term or cost-cutting measures.

Video Library

[Mental Health at Work | U.S. Department of Labor](#)

Video library from the US Department of Labor on workplace mental health.



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Apps and Other Online Resources

headspace Headspace:

Headspace is a meditation and mindfulness app with a selection of FREE resources for Michiganders. To access guided meditations and mindfulness activities, click here: <https://www.headspace.com/mi>.

Talkspace Self-Guided:

Talkspace Self-Guided is an innovative app empowering users to manage mental well-being on their devices. Offering resources for stress, anxiety, depression, and self-improvement, it includes interactive exercises, meditations, articles, and expert advice for a personalized mental health journey. **SCCCMH is offering a free 1-year subscription to Talkspace Self-Guided for St. Clair County residents. To learn more, visit: <https://scccmh.org/talkspace-self-guided/>**

Talkspace Online Therapy:

Talkspace, the leading online therapy platform, offers convenient and confidential access to licensed therapists from the comfort of your home. Connect with a dedicated therapist for personalized support in managing stress, anxiety, depression, or other mental health concerns through secure messaging, live video sessions, and flexible therapy options. **SCCCMH is offering a limited amount of free three-month trials for Talkspace for St. Clair County residents. To learn more, visit: <https://scccmh.org/talkspace/>**

Language Guides

In the workplace, the language used regarding mental health is important. Choosing words that break down stereotypes and promote understanding fosters a supportive environment, encouraging open discussions, understanding, and support. Simple shifts, such as avoiding defining individuals by their conditions, and refraining from minimizing experiences, contribute to creating a workplace that supports mental health and reduces stigma. The language guides below offer several examples and suggestions.

[The-Mental-Health-Coalitions-Language-Guide](#)

[NAMI-Language-Matters.pdf](#)

[Say This, Not This: Speaking About Mental Health - NAMI California](#)

[Recovery-Oriented-Language-Guide-3rd-edition.pdf](#)



Printable Resources, Guides, and Fact Sheets

[220302_MHC_Roadmap_Mental-Health-in-the-Workplace](#)

A roadmap from the Mental Health Coalition to addressing mental health in the workplace

[Right Direction Self-Care Toolkit Final](#)

A resource teaching and promoting self-care and a tool to improve mental health and wellbeing.

[American Psychiatric Association Foundation Center for Workplace Mental Health Burnout Fact Sheet](#)

Burnout prevention facts, information, and resources.

[00 Employee MH During Traumatic Times - Employee](#)

Supporting employee mental health during challenging or traumatic times.

[Children and Mental Health – Is this just a stage? – Parent Guide_NIMH](#)

[Social Media and Body Image for Children and Teens](#)

[Social Media Pros and Cons for Youth Mental Health](#)

[Social Media and Youth Mental Health](#)

[Suicide Warning Signs_NAMI](#)

[I'm So Stressed Out!](#)

[Seasonal Affective Disorder](#)

[Let's Talk About Eating Disorders](#)

[Post-Traumatic Stress Disorder](#)

[My Mental Health: Do I Need Help? - National Institute of Mental Health](#)

[Understanding Psychosis - National Institute of Mental Health](#)

[NAMI_Impact_RippleEffect](#)

[NAMI_Suicide](#)

[NAMI_CriminalJusticeSystem-v5](#)



Additional Resource Collections

[Resource Library - The Mental Health Coalition](#)

Mental Health Coalition Resource Library - The Mental Health Coalition's Resource Library is made available by our alliance of the leading mental health organizations. We encourage you to browse this database to learn about mental health, help a loved one, learn coping skills, and seek support.

[Mental Health at Work](#)

Guidance, resources, and a fact sheet library about mental health in the workplace from the World Health Organization.

[Know the Warning Signs | NAMI: National Alliance on Mental Illness](#)

Distinguishing expected behaviors from potential signs of mental illness can be challenging. No simple test exists to determine if actions and thoughts indicate mental illness or stem from typical behaviors or physical illness. Recognizing warning signs is crucial for deciding whether to consult a professional. For many, an accurate diagnosis is the initial step in a treatment plan.

[988 Partner Toolkit | SAMHSA](#)

The 988 Partner Toolkit is a collection of promotional tools for social media, video, print, radio, FAQs, messaging, and other marketing materials for anyone to use to promote awareness of Suicide and Crisis Lifeline number 988.

Local Resource Lists:

[St. Clair County Adolescent Services Directory](#)

[St. Clair County Help Card](#)



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Articles

NAMI - Supporting Mental Health in the Workplace

<https://www.nami.org/Blogs/NAMI-Blog/December-2022/Supporting-Mental-Health-in-The-Workplace>

American Psychological Association - 5 Ways to Improve Employee Mental Health

<https://www.apa.org/topics/healthy-workplaces/improve-employee-mental-health>

Why mental health needs to be a top priority in the workplace

<https://www.apa.org/news/apa/2022/surgeon-general-workplace-well-being>

The U.S. Surgeon General Launches New Framework for Mental Health & Well-Being In The Workplace

<https://www.mindsharepartners.org/surgeongeneralframeworkmentalhealth>

What Employers Should Know About Suicide Prevention

[What Employers Should Know About Suicide Prevention | U.S. Department of Labor Blog](#)



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About St. Clair County Community Mental Health:

St. Clair County Community Mental Health (SCCCMH) is dedicated to providing comprehensive behavioral health services to individuals of all ages. Our mission is to promote recovery, wellness, independence, and improved quality of life for those with a mental illness, serious emotional disturbance, intellectual/developmental disability, or substance use disorder. With a team of compassionate professionals, we offer a wide range of services, including counseling, psychiatric evaluations, medication management, and crisis intervention. We also collaborate with area schools, law enforcement agencies, and other community organizations to ensure a holistic approach to behavioral health care.

Through advocacy and community education, we strive to be the clearinghouse of information and behavioral health resources for all living and working in St. Clair County. Our crisis response services are available to any person of any age in St. Clair County, 24 hours a day, seven days a week, regardless of insurance type or status.

To access or inquire about treatment services, call: 1-888-225-4447

For crisis support for a mental health emergency, call 1-810-966-2575

To learn more about the wide variety of services and supports available at SCCCMH, visit our website at www.scccmh.org.

Quick links to SCCCMH Informational Brochures:

[How We Help – Your Guide to Services and Supports at SCCCMH](#)

[SCCCMH Child and Family Services](#)

News and Events:

Keep up with what's happening at SCCCMH! Join our monthly email newsletter by clicking [here](#). Stay up to date with news, current events, advocacy, and information about mental health and wellbeing.