



**Greater Philadelphia
Business Coalition
On Health**

"Building Bridges to Better Healthcare"

2020 Mental Health Resource Guide

There is a growing urgency to address mental health within employer organizations. In response to the growing need, the range of vendors offering digital and remote solutions continues to expand. The Greater Philadelphia Business Coalition on Health has developed this resource guide in order to help employers sift through the numerous options available to them.

Through internet search and input from the Employee Health and Well-being Interest Group, GPBCH identified service vendors and other organizations that currently offer services, resources, and programs to help employers in managing the mental health needs of their employed populations.

GPBCH requested the following information from these organizations:

1. Name of the Organization
2. Description of the services you offer
3. Experience to date
4. Pricing of services
5. Website(s) for additional information
6. Contact name, title, corporate address, phone number, and e-mail to request additional information

Not all invitees chose to respond to the request for information. In addition, there are undoubtedly other organizations that were not identified or for whom a contact could not be identified, that offer information and services of value. This is not a comprehensive listing of all vendors, but rather those sources of information and support that were identified as most relevant and of greatest interest to employers at this time.

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CredibleMind

Localized Digital Mental Health Platforms promoting mental wellness, preventing mental illness, and intervening early in ill health. Platforms cover more than 100 risk and protective factors and provide more than 10,000 self-care interventions with user-and expert-ratings. Each local site includes: content updated daily to your site through our system; ability to house user generated content; multiple ad positions and sponsorship opportunities; performance reporting and analytics of users; ability to segment to targeted population; co-branding or white labeling; customization; multi-channel interactive campaigns; wellbeing program integration kit; test-and-learn analytics; and ongoing client support.

Experience to date: The solution was launched in January of 2020. So far, (5) clients are serving as beta sites/early adopters.

Pricing of services: Approximately \$0.50 PEPY (per employee per year)

Website(s) for additional information: <http://crediblemindpro.com>

Contact information:

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eMindful Inc.

eMindful delivers evidence-based mindfulness programs built on a solid foundation of 10+ years of data-driven insights and consistent results at improving health, productivity, and healthcare costs. Today, our programs can be applied to everyday life and chronic conditions, including stress, weight, diabetes, chronic pain, addictive behaviors, cancer recovery, smoking cessation, and mindfulness for medical professionals.

Experience to date: eMindful covers more than 600,000 lives and approximately 40 corporate clients and strategic partners, including Fortune 500 employers like Intuit, T-Mobile, MassMutual, Cognizant, MetLife and The Hartford as well as large health plans like Optum, and Aetna. We deliver purpose-driven mindfulness solutions and proven outcomes. Our industry leading outcomes include:

- 81% of participants are purposefully engaged
- 65% of participants use eM Life 2x/week
- 72% of participants reduce stress
- 55% reverse metS
- 54% improve sleep
- 40% tobacco cessation
- 47 mins/week gain in productivity
- Our NPS is 64

Pricing of services: eMindful offers a per employee per month pricing model. The average fee ranges from \$.50 to \$3.00 PEPM with additional discounts for larger accounts and strategic partnerships

Website(s) for additional information: www.emindful.com

Contact information:

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Ginger

Ginger is reinventing behavioral healthcare by coupling data science and virtual care delivery to provide immediate, personal support for anyone. Care through our on-demand behavioral health system is delivered through the Ginger app, available on iOS and Android, where members can conveniently connect with Ginger's team of mental health coaches - 24/7, 365 days a year. This includes access to coach-curated, clinically-validated content and activities. For those in need of additional support, a therapist or psychiatrist can be added to their care team.

Experience to date: Ginger's 70+ clients range in size from a few hundred employees to Fortune 100 companies. Nearly 500,000 members have access to Ginger services.

- Over 70% of members assessed experience a partial or full response to care from Ginger at 12 weeks.
- 60-75% of enrolled members exchange at least one message with a coach.
- Ginger's average member rating is 4.6 out of 5 stars.
- Ginger maintains a <1 minute response time within a 24/7, on-demand service structure.

Pricing of services: *PEPM + Fee-for-Service Model:* This pricing model charges a PEPM fee for coaching, content and technology services. Therapy and psychiatry video sessions are available for an additional fee-for-service charge. We can coordinate claims payment with employer health plans if our team of therapists and psychiatrists have in-network status. When Ginger is out-of-network, the employee is responsible for payment.

Single PEPM Fee: This pricing model charges a PEPM fee for coaching, content, technology, and a designated number of therapy and/or psychiatry sessions.

Website(s) for additional information: www.ginger.io

Contact information:

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Joyable

Many people with mental health needs are not receiving the help they need due to stigma and lack of access to timely care options. Joyable connects people with evidence-based mental health programs that they can do whenever and wherever is most convenient and is proven to help them get better. We do this by providing virtual behavioral health care programs and digital therapy programs that deliver high-quality, structured care people need to live healthy lives. Our virtual care programs deliver results that lower healthcare costs and improve clinical outcomes in people living with comorbid conditions and gives them the tools for better health. Our virtual behavioral health care produces an average symptom decline for depression, anxiety and stress of 49%.

With Joyable you get:

- 24/7 instant access via phone, tablet, or computer
- 8 weeks of structured digital CBT activities available anytime, anywhere
- Content broken into bite-sized, delightful digital activities that fit into daily life
- Unlimited access to a personal, dedicated engagement coach to motivate and drive adherence

Experience to Date: Our structured digital therapy programs are delivered with one-on-one live coaching and are proven to reduce symptoms of depression, anxiety and stress by 40%. More than 20 million people have access to our services today.

Pricing of services: Our pricing model is either a Fee-for-Service or PEPM.

Website(s) for additional information: <https://joyable.com/>

Contact Information: Jerry.Jarvis@ableto.com

Lyra Health

Lyra Health is committed to providing the highest quality, most comprehensive mental health care benefit. 20% of therapies practiced today are extremely effective. Lyra's approach centers around these treatments. Lyra supports over 1 million members across a variety of industries, including Facebook, Amgen, and Apache. We help employers improve access to effective care to help 7x more members get care and 82.7% improve in 8-12 weeks. Because members get better, productivity increases, turnover rates decrease, and health plan costs are reduced to provide 4X ROI year one.

The Lyra digital care platform offers comprehensive and personalized care including self-care, therapy, mental health coaching, and medication management. Care modalities include in-person, video, and onsite care for all needs, from stress to suicidality, and we provide flexible, online scheduling: same-day, evening, weekend appointments. We have a superior nationwide network consisting of coaches, therapists, and physicians. We rigorously screen evidence-based providers typically found out-of-network and utilize performance monitoring driven by clinical results tracking (PHQ9, GAD7, PSS). Lyra also provides critical incident support, manager training, and other work life services including legal, id theft, and child/elder care support.

Experience to date: Lyra currently serves 35+ clients, ranging in sizes from 600 to 200,000 employees. We count Google, Amgen, and Facebook among our clients. However, out of respect for our clients and their privacy, we do not share our client list. Lyra is currently working with employers representing 1 million covered lives across the U.S. With our streamlined model, Lyra is able to secure members fast access to care with superior clinical outcomes. Lyra charts patient progress longitudinally and shares it back with our providers to enable feedback-informed treatment. Lyra sees 82.7% of members improve or recover across our entire member population.

Pricing of services: In all our benefit configurations, EAP, and adding Lyra as a client specific network in your health plan integration, we use a consistent approach to pricing. Lyra uses a fee-for-service pricing model for care sessions plus a small per member per month (PMPM) fee to cover the costs of our digital platform, self-care apps, manager consultations, account services, marketing services, and reporting. In our health plan configurations, you can also configure Lyra as client-specific network within your self-funded plan to enable us to receive data to collect copays and accumulate against deductibles.

Traditional fixed fee PEPM EAP pricing models deter investments in engagement and clinically-appropriate care. With a fixed PMPM model, the vendor gets financially penalized for every patient they treat. In many traditional EAP fixed fee arrangements (total EAP costs/# of counseling sessions), low engagement means employers are paying well over \$300 per session for care that does not get their members better.

Website(s) for additional information: lyrahealth.com, [The Efficacy of Cognitive Behavioral Therapy: A review of Meta-analysis, Is cognitive-behavioral therapy more effective than other therapies?](#)

Contact Information:

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MeQuilibrium

MeQuilibrium is an engaging, science-based, scalable coach in your employee's back pocket. By measuring wellbeing, engagement, productivity, stress, motivation and focus, we're able to identify and predict the biggest challenges in your workforce. Optimize their potential today and achieve big gains.

Engage - Engage is the foundation of the meQuilibrium system. Cloud-based, and globally scalable, Engage uses scientifically-validated assessments to generate personalized training for each individual—building adaptive mindsets while reducing stress, burnout, and absenteeism.

Empower - In order to maintain a culture of high-performance amidst constant change, your people need to be able to pivot quickly, problem solve, and remain focused. Empower equips teams with the agility and emotional intelligence to face challenges, innovate, and drive business outcomes.

Collaborate - The first data-driven solution of its kind that enables “active collaboration” between work colleagues and managers. Collaborate builds adaptive skills to manage the impacts of change and an organizational culture optimized for innovation.

Experience to date: Resilience has a broad impact across an organization on both people and organizational metrics. We can prove it with our clinically validated data and insight engine translating into millions in savings for our clients. Employees are 4x more likely to have high job satisfaction and 47% are less likely to miss at least 1 day of work per month.

Pricing of services: please provide a price or range; if you are not able to provide a price please describe the pricing model (e.g. pepy, per referred case, etc.)

PEPY pricing model, based on the population size, products licensed, and duration of contract.

Website(s) for additional information: <https://www.mequilibrium.com/>

Contact information:

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meQuilibrium
781.248.3707

Minding Your Mind

Minding Your Mind provides mental health education and suicide prevention training in workplaces, schools, and communities. There are three core workplace education presentations:

Corporate Education Program is designed to educate adults on basic mental health issues and how they impact daily life in the workplace, at home, and during interactions with others. Appropriate for small businesses to large corporations with live webinar availability, this program is facilitated by one of Minding Your Mind's professional clinicians who provides guidance on communications techniques, positive coping skills and resources for help.

Mindfulness trainings create an environment that promotes productivity, reduces stress and anxiety, and teaches the value of focus and resilience. Taught by one of our expert mindfulness facilitators, this program can be scheduled in three ways: as a single session that introduces the benefits of mindfulness and teaches individuals specific practices; as a four-part series that focuses on additional practices and strategies for incorporating those into a workplace; or as a customized plan to meet and complement the unique needs of your organization.

QPR Gatekeeper Training for Suicide Prevention provides instruction that can help save a life from suicide through innovative, practical, and proven suicide prevention training.

Experience to date: In 2007, Minding Your Mind was established with the goal to end stigma and destructive behaviors among youth by providing mental health education to students in schools. Eventually, this grew to include education for parents, educators, and healthcare professionals. Today, Minding Your Mind is the largest provider of mental health education in Pennsylvania, and we have regional offices serving New Jersey, New York, and New England. By the end of 2020, Minding Your Mind presentations will have officially reached over 1,000,000 people. In 2016, Minding Your Mind developed a Corporate Wellness Program to meet the needs of adults in a workplace environment. We have been invited into many companies and organizations from different industries in the Tri-State area to supplement their employee education initiatives. Some of our ongoing corporate clients include: Independence Blue Cross, Aon, Huntsworth Health, and National Philanthropic Trust. We have received glowing reviews and moving testimonials from employees, managers, and others who have participated in our corporate programs. Aon said, "You gave people the language to talk about it and the confidence to open up to others, while teaching others how to support. Thanks for a powerful and positive program."

Pricing of Services:

Corporate Education Program: \$1,500 (Facilitated by MYM clinician and includes a speaker presentation)

Mindfulness Workplace Session: \$500 (Facilitated by MYM's certified Mindfulness instructors)

QPR Gatekeeper Training: \$500 (Facilitated by a QPR-certified clinician)

Website(s) for additional information: www.mindingyourmind.org

Contacts:

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Trish Larsen, Executive Director - 610-642-3879 | Trish@mindingyourmind.org

Marissa Marschall, Regional Director - 610-314-7870 | Marissa@mindingyourmind.org

Program Office: 1084 East Lancaster Avenue, Suite 302, Rosemont, PA 19010

Business Office: 124 Sibley Ave Ardmore, PA 19003

NeuroFlow

Empower is a self-service tool for population health management and risk stratification for self-insured employers. Empower addresses the massive toll behavioral health can take on employee productivity and satisfaction by providing a free, secure mobile app to support the mental wellness and overall health of an employee population. Through personalized, simple onboarding and real-world rewards to drive engagement, Empower helps to ensure high levels of adoption and utilization of your mental wellness offerings while making employees happier and healthier.

Empower's tech-enabled care coordinator solution helps employers provide 24/7 mental wellness resources to their employees, identify those needing additional support, reduce productivity and turnover costs through evidence-based practices, and comply with NCQA requirements. To hire, retain, and support the modern day employee, employers must find ways to support the whole health, body and mind, of their employees. Doing so not only addresses the costs of behavioral health, but also gives employers a longitudinal, population-level insight into the health of their employees to proactively offer targeted, data-driven outreach and support, at scale.

Experience to date: NeuroFlow has approximately 25,000 users on its platform, and has been implemented at more than 200 healthcare facilities and organizations across the country including Jefferson Health and the VA.

Pricing of Services: NeuroFlow leverages a SaaS subscription model, tiered by the number of engaged users on the platform.

Website(s) for additional information: <https://www.neuroflowsolution.com/empower/>

Contacts:

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Selfhelpworks

Established in 1999, SelfHelpWorks provides cognitive behavioral training programs to eliminate emotionally driven unhealthy habits that drive productivity loss, absenteeism and chronic disease. The programs are convenient, engaging digital versions of successful evidence-based training courses formerly taught live in hospitals, clinics and large corporations. The programs provide the motivation, knowledge, cognitive skills and tools needed to produce emotional freedom, sustained behavior change and a higher quality of life.

Tobacco addiction • Obesity and unhealthy eating • Physical inactivity
Stress and poor resiliency • Alcohol abuse • Poor sleep • Poor diabetes management

The programs can be easily integrated into an existing wellness portal or implemented as a stand-alone solution and scaled across multiple locations. Detailed reporting, white labeling options, marketing collateral and live user support are available at no cost. Optional live health coaches are also available.

Experience to date: SelfHelpWorks serves more than 4 million lives at over 600 end-client organizations, many via channel partners including leading wellness vendors like Bravo Wellness, HealthFitness, Go365 and Virgin Pulse.

Texas Dept. of Human Services Case Study: 73% of the employees who took the LivingEasy stress management and resiliency program reported reducing their frequency of being troubled by stress from “excessively”, “heavily” or “often” to just “sometimes”, and 33% reported taking more action to resolve a stressful situation.

Comparison of 60,000+ Annual Health Risk Assessments: A large national wellness vendor offered SelfHelpWorks interventions to members based on their HRA results and compared the baseline HRA scores of those completing a program with the following year’s HRA scores.

Pricing of Services: SelfHelpWorks programs are available as a suite or a la carte. The most common pricing structure is a capitated, volume based PEPM model. A one-time \$1,200 set-up fee applies to smaller groups. Examples (for entire suite): 200–2,500 = 65c PEPM; 5,000 = 55c PEPM; 10,000 = 45c PEPM

Website(s) for additional information: www.selfhelpworks.com (Click the “See how it works” button)

Contacts:

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Total Brain

Total Brain is an app-driven platform accessible via a computer browser or mobile app and supports the individual across the mental health continuum. Based on the notion that mental health can be measured, improved, and managed like physical health, we leverage neuroscience and over 15 years of R&D to provide a clinically validated solution to support workplace mental health. The platform consists of a clinically-validated, digital neuroscientific test that uses tasks and questions to assess an individual's 12 brain capacities and benchmarks their performance to a peer group from our standardized database of over 1M datasets. Unlike solutions that focus on one area of the brain (ie. stress, resilience) we evaluate all of the integrated functions (emotion, feeling, cognitive, self-control) to measure, train, and improve the total brain.

During the assessment, the user is screened for the risk of common mental conditions in a stigma free, brain performance context. Screened conditions include depression, anxiety, addiction, ADHD, PTSD, social anxiety and sleep apnea with a 70-80% accuracy rate. Users who screen positive will be referred to company resources (EAP, Teledoc) for diagnosis and support.

Personalized adjunctive digital therapies (ADT) are recommended to the user based on their needs as outlined by their assessment results and the user is reassessed monthly to track progress and adjust training as needed. Digital training exercises are based in CBT, MBCBT, positivity, breathing, and meditation and are structured as themed journeys around reducing stress, improving memory, achieving focus, increasing positivity, and becoming more resilient.

Our customizable analytics provide actionable insights to understand and manage population health and risks. In addition to breaking down risk of screened conditions, engagement, productivity, and improvement, we can monitor the impact of other wellness programs in your organization and cross promote these from within the app to support the entire wellness ecosystem.

Experience to date: Total Brain is used by large consumer groups and Fortune 500 companies who benefit from lower mental healthcare costs, improved productivity and critical insights on what drives their organizations including Boeing, Nationwide, Lincoln Financial Group, State of Colorado, IBM, AARP, Aetna and many others. With 54 customers covering over 750K lives, we have an ROI model developed in collaboration with Mercer that validates our platform results:

Increase in Productivity: 4.6% on average	Improvement in Emotional Capacities: 8%
ROI from Productivity Gains: 7x on average	Improvement in Feeling Capacities: 15%
Improvement in Depressed Mood: 39%	Improvement in Cognitive Capacities: 16%
Improvement in Anxiety: 28%	Improvement in Self Control Capacities: 7%
Reduction in High Stressed Employees: 82.6 on average %	Screened Individuals Who Triage for Support: 20%

Pricing of Services: We offer Per Employee Per Month (PEPM), Per User Per Month (PUPY) and a hybrid model for pricing. We have volume discounts and a Revenue at Risk Guarantee of 25% for meeting annual objectives (i.e. engagement, improvement, etc.) agreed upon during contracting. Core Platform: PEPM \$1.00 PUPM \$6.67 & Core + Screening: PEPM \$1.50 PUPM \$10.00 ** Prices quoted without discounts ***

Website(s) for additional information: www.totalbrain.com

Contacts:

Lisa DiStefano, Senior Director of Sales
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Whil

Whil is a digital training solution focused on mental, physical, and emotional wellbeing. Our intention is to help employees lead happier, healthier, and more engaged lives. Whil's goal-based resilience training is designed for high performing cultures. We have twelve aspects of employee wellbeing supported by 250+ mini-courses 2,000+ audio/video sessions based in neuroscience, mindfulness, emotional intelligence, and positive psychology. All curated by 35 certified experts in various fields.

The aspects of wellbeing we cover are:

1. Learn to Meditate
2. Reduce Stress and Anxiety
3. Thrive at Work
4. Sleep Better
5. Be Happier
6. Focus and Grow
7. Boost Physical Health
8. Build Emotional Intelligence
9. Improve Relationships
10. Take One-Minute Breaks
11. Practice Yoga
12. Be a Chill Teen

Experience to Date: Whil is a privately held company, therefore, we do not disclose information about our clients. That being said, we serve over 250 clients, amounting to over 2 million users. We work across all verticals, specifically, landing success within healthcare and financial services.

Whil has a number of clients who directly access Whil, but we are able to scale with our partnerships. We currently have nine partners ranging from learning management systems, employee assistance programs, and wellbeing platforms as an integrated part of their solution.

Pricing of Services: Whil is priced on a PEPY basis. Our pricing starts at about \$15 PEPY. We tier our pricing based on how many employees a company has as well as the duration of their contract.

Another option is to purchase Whil a la carte. We price each of our 12 collections at \$2 PEPY with a minimum of 3 collections. You can choose three collections that suit the wellbeing needs of your employees.

Website(s) for additional information: <https://www.whil.com/>

Contacts:

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415-500-5265 | paige@whil.com

Wisdom Labs

At Wisdom Labs, we believe that the way to sustainable behavior change is through community. Using a blend of technology and employee social connection, we're changing the way employers address mental health and stress at work. Wise@Work Communities is a peer-led program held in your office and facilitated by one of your own employees, with support from us at Wisdom Labs. Community Leaders are the wellness champions from within your company. Here's how it works:

- Book a half-hour timeslot per week that works for the team's schedule.
- Each Wise@Work Communities session includes a science-based lesson around a topic such as emotional fluency or social connection. Wisdom Labs provides all content for each session in the form of short videos. All your Community Leaders need to do is push play.
- Then the group does a short mindfulness practice together around that week's particular topic.
- To close each session, Wise@Work Communities integrate the learnings into your specific workplace through group discussion.
- Community Leaders have weekly group coaching calls with a Wisdom Labs facilitator to prep for each week, and we make ourselves available to them if they have questions about any topics.

The Wise@Work app supports Wise@Work Communities so that participants can practice the skills that they're learning in their half-hour session each week at their own pace. The Wise@Work app includes situational and mood-based practices developed for the workplace in varying lengths to fit your schedule, as well as learning series that develop key skills further, such as resilience and giving and receiving feedback.

Experience to Date: Wisdom Labs' Wise@Work Communities span globally, and we are proud to work with companies like Merck, The Kauffman Foundation, and LinkedIn. Our Wise@Work Communities participants benefit from a range of improvements, from increased social connection and engagement to reduced stress.

Pricing of Services: Wise@Work Communities is priced annually on a subscription basis. Pricing varies based on the number of Communities needed by each individual organization. The premium version of the Wise@Work app is free for all GPBCH members for 30 days at wiseatwork.com/gpbch. Wise@Work is available both on the Apple App Store and Google Play.

Website(s) for additional information: <https://wisdomlabs.com/>

Contacts:

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Workit Health

Workit Health is an addiction healthcare company offering clinically-proven digital addiction care. Through telemedicine, we're bringing low barrier medication for opioid use disorder and alcohol use disorder to employers and regions lacking evidence-based treatment. Via our web and phone apps, members meet with clinicians and counselors and join online recovery groups while completing self-set goals. Our interactive curriculum of over 1,000 engaging online courses keeps members on the path to recovery from the comfort of home. We offer 24/7 recovery that fits into daily life, designed by experts. Workit Health's programs are harm reduction-based, 100% confidential, with proven outcomes.

Experience to Date: Workit Health currently has employer clients from across a variety of industries, including Salesforce (tech sector, 35,000 employees), Kirkland & Ellis (law, 3,500 employees), Red Bull (consumer goods, 12,000 employees), and Steelcase (manufacturing, 11,000 employees). We also offer counseling options to the public nationwide and medication for opioid and alcohol addiction in New Jersey, Michigan, and California.

In our medication program for alcohol and opioids, the program has 84% retention at Month 1, 74% at Month 3, and 68% at Month 6. 28% pass drug tests upon intake, but 84% are free from their drug of choice at month 3. For all programs, we see a 38% decrease in addictive behavior and a 13% decrease in anxiety, as well as a 25% increase in frequency of exercise, a 12% increase in spending management, and a 9% increase in alignment with their goals - what we call their "mission."

Pricing of Services: Pricing is per member in the Workit program and tiered based on the level of care provided.

Website(s) for additional information: <https://www.workithealth.com/>

Contacts:

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Additional Mental Health Resources

American Psychiatric Association – The Center for Workplace Mental Health

The Center for Workplace Mental Health, formerly known as the Partnership for Workplace Mental Health, provides employers the tools, resources and information needed to promote and support the mental health of employees and their families. While treatment works and is cost effective, many people who need help are not getting it, despite the availability of services and supports through employee assistance programs (EAPs) and mental health benefit coverage.

This organization works with employers, business groups on health, health-focused coalitions and other strategic partners to solve challenges and highlight innovative approaches to improving workplace mental health and making it a higher organizational priority. To learn more visit their website:

<http://workplacementalhealth.org/>.

Additional Resources

Since 2007 the American Psychological Association has commissioned an annual nationwide survey as part of its Mind/Body Health campaign to examine the state of stress across the country and understand its impact. The Stress in America™ survey measures attitudes and perceptions of stress among the general public and identifies leading sources of stress, common behaviors used to manage stress and the impact of stress on our lives. The results of the survey draw attention to the serious physical and emotional implications of stress and the inextricable link between the mind and body. Visit these links for more information:

<https://www.apa.org/news/press/releases/stress/2018/interactive-graphics>

<https://www.apa.org/news/press/releases/stress/index>

<https://www.apa.org/helpcenter/stress/index>

Centers for Disease Control and Prevention

The U.S. Centers for Disease Control and Prevention (CDC) is dedicated to helping all people live healthier lives. They focus on preventing or reducing the impact of mental illness as a critical part of overall wellness, using the same approach that they use to prevent other health conditions such as heart disease or influenza, including early identification and intervention for those at risk, and providing science-based strategies to reduce the risk. CDC works in collaboration with federal and other partners to bridge the gap between research and delivery. Visit their website to access educational pieces, data and publications, along with other tools and resources: <https://www.cdc.gov/mentalhealth/>.

Mental Health First Aid® At Work

Bring Mental Health First Aid training to your workplace

[Mental Health First Aid at Work](#) is a workplace mental health training program that teaches participants how to notice and support individuals who may be experiencing a mental health or substance use concern or crisis and connect them with the appropriate employee resources. Mental Health First Aid at Work is a skills-based, experiential and evidence-based practice. Mental health conditions are a leading cause of short and long term disability, resulting in absenteeism, and less than fully productive employees.

Colleagues and managers are best placed to be the first to recognize the signs and symptoms of mental health issues in their co-workers. <https://www.mentalhealthfirstaid.org/at-work/>

MindWise Innovations

MindWise Innovations equips schools, workplaces, colleges, and communities with tools to help them address mental health issues, substance use, and suicide risk – enabling their members to live healthier lives. <https://www.mindwise.org/>

National Alliance of Healthcare Purchaser Coalitions

Collaborating with key stakeholders and members, The National Alliance is a leading voice on future directions in mental health and is actively developing a consensus for a path forward to promote systemic improvements in mental health and broker solutions for serious conditions prevalent among the US workforce including depression, anxiety and substance use disorders. The National Alliance has numerous resources, including action briefs, which could be of value to your organization. Review their Mental Health Initiatives website here: <https://www.nationalalliancehealth.org/initiatives/initiatives-national/workplace-mental-health>.

National Alliance on Mental Illness

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. What started as a small group of families gathered around a kitchen table in 1979 has blossomed into the nation's leading voice on mental health. Today, NAMI is an association of hundreds of local affiliates, state organizations and volunteers who work in your community to raise awareness and provide support and education that was not previously available to those in need. See more at: <https://www.nami.org/About-NAMI#sthash.aUricbZB.dpuf>

Delaware: <http://www.namidelaware.org/>

Philadelphia: <http://dbhids.org/>

New Jersey: <http://www.naminj.org/>

The Right Direction

The Right Direction is an educational initiative created to raise awareness about depression in the workplace, promote early recognition of symptoms and reduce the stigma surrounding mental illness. It provides turnkey, customizable resources and materials to increase awareness, reduce stigma, and encourage people to seek help.

<http://www.rightdirectionforme.com/ForEmployers.html>

Shatterproof

Shatterproof is a national nonprofit organization dedicated to reversing the addiction crisis in the United States. Their goal is to work together to reduce the devastating impact of addiction on families across America by helping parents to prevent their children from developing an addiction to alcohol and other drugs. They want to ensure that those afflicted with this disease gain access to proven and effective treatments and long-term recovery. Visit their website to learn more: <https://www.shatterproof.org/about>.

Substance Abuse and Mental Health Services Administration

The Substance Abuse and Mental Health Services Administration (SAMHSA) is the agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation. SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities. View current topics, training services, public message, and other resources here: <https://www.samhsa.gov/>.