

MHA RESOURCE GUIDE

Workplace Mental Health Certification

MHA in 2019 launched the [Bell Seal for Workplace Mental Health](#), the first national certification program to recognize U.S.-based employers committed to supporting a mentally healthy workforce. Over 276 organizations with a combined workforce of 3 million workers have been certified since 2020 at one of four recognition levels – bronze, silver, gold, and platinum. Bell Seal recipients represent the top employers in the nation that demonstrate a strong mental health commitment to their workers, consumers, clients, and communities. Find the latest recipients, more information, or [apply for Bell Seal certification here](#).

Workplace Wellness Resource Center

MHA's website includes all of its [workplace mental health initiatives](#), including Mind the Workplace research, Bell Seal for Workplace Mental Health national employer certification program, and employer and employee resources.

In the Open Podcast

MHA's [In the Open](#) podcast features discussions on various mental health topics. The conversations are easily accessible to people just beginning to learn about their mental health. *In the Open* is available on [PodBean](#), [Apple Podcasts](#), Google Podcasts, and Spotify. Check out these workplace-specific episodes:

- [How Do I Find Balance in My Life?](#)
- [Dealing with Mental Health at Work](#)

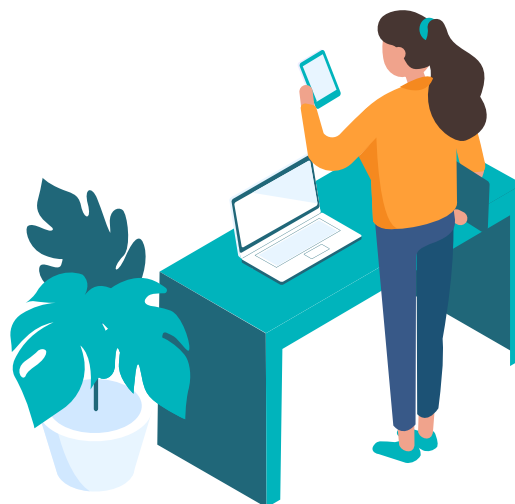
Mental Health Education

MHA's Mental Health Month toolkits include fact sheets organizations can print out for distribution to employees, activities for staff, and self-help worksheets for people to do on their own to build skills. New toolkits are released each April in preparation for Mental Health Month in May.

- [Look Around, Look Within \(2023\)](#): The toolkit includes information about how an individual's environment impacts their mental health, suggestions for making changes to improve and maintain mental well-being, and how to seek help for mental health challenges.
- [Back to Basics \(2022\)](#): The toolkit provides foundational knowledge about mental health, common conditions, and what people can do if their mental health is a cause for concern.
- [Tools 2 Thrive \(2021\)](#): The toolkit provides practical tools everyone can use to improve their mental health and resiliency regardless of their situation.

Mental Health Screening

MHA provides free, anonymous, online [screenings for common mental health conditions](#). Screening tools are scientifically validated and the most commonly used screens in primary care. After screening, people get access to education, DIY tools, treatment information, links to services, or ways to connect anonymously to others online.



MHA Affiliates

MHA's federated structure includes over 140 affiliates in 38 states, 7,167 affiliate staff, and over 5,000 volunteers that bring direct services and advocacy to communities around the country. MHA ensures state and local affiliates' independence while promoting a unified national mental health movement, which fuels the economy by more than \$535 million annually. Find your local affiliate [here](#).

MHA Affiliate-led Workplace Mental Health Programs

[Mental Health Connecticut](#) (MHC): MHC believes the next chapter of workplace wellness is creating a mentally fit, thriving environment for all. MHC is a trauma-informed, recovery-oriented organization that is platinum-level certified in MHA's Bell Seal for Workplace Mental Health. The MHC Collaborative equips business leaders and HR teams with the tools to elevate mental fitness and psychological safety as top priorities for the organization and its people. For more information, contact Jacquilyn Davis, MHC's director of workplace mental health and DEI, at info@mhconn.org.

[Mental Health America of Ohio](#) (MHA Ohio): Since creating the [Occumetrics](#)® assessment process in 2016, MHA Ohio has conducted over 80 workplace health assessments with 50+ businesses and organizations. Through an in-depth data gathering process, Occumetrics helps organizational leaders better understand the workplace challenges specific to their employees. They are provided with tailored recommendations – that matter to their staff – to improve the work environment, increase job satisfaction, and decrease turnover.

[Mental Health America Lakeshore](#) (Wisconsin): MHA Lakeshore's [Workplace Wellness 360](#) allows organizations to customize a workplace wellness program based on the needs of their workforce to cultivate engaged, productive, and less-stressed employees using evidence-based best practices for the mind, body, and heart. They provide seminars on mental illness prevention, suicide prevention, mindfulness, leadership, support groups, and more.

Parent and Child Resources

MHA's Back-to-School and Caregivers toolkits are useful for organizations that want to support the mental health needs of working parents, caregivers, and dependents. New materials are released annually in August and October in preparation for the new school year and National Family Caregivers Month in November.

- [Selfies, Social, and Screens: Navigating Virtual Spaces for Youth \(2023\)](#): MHA's 2023 Back-to-School toolkit provides information, tips, and resources for young people, caregivers, and school personnel on how to protect youth mental health in a digital world.
- [All The Feels \(2022\)](#): MHA's 2022 Back-to-School toolkit aims to help students, parents, and school personnel explore and understand emotions, and it shares what actions can be taken to help young people struggling with mental health.
- [National Family Caregivers Toolkit \(2021\)](#): MHA's 2021 Caregivers toolkit focuses on parents – while not all caregivers are parents, all parents are caregivers. MHA has gathered a wealth of resources to help parents and other caregivers work through the challenges of caregiving, start conversations, deal with a crisis, and address their own mental health. There are also resources for single parents, the "sandwich generation," and new fathers – who may feel left out of parental health conversations.
- [MHA Youth Resource Center](#): MHA's youth resource center provides information regarding youth mental health for kids and teens, young adults, parents and caregivers, and schools and educators.