Center for Health, Work & Environment
colorado school of public health

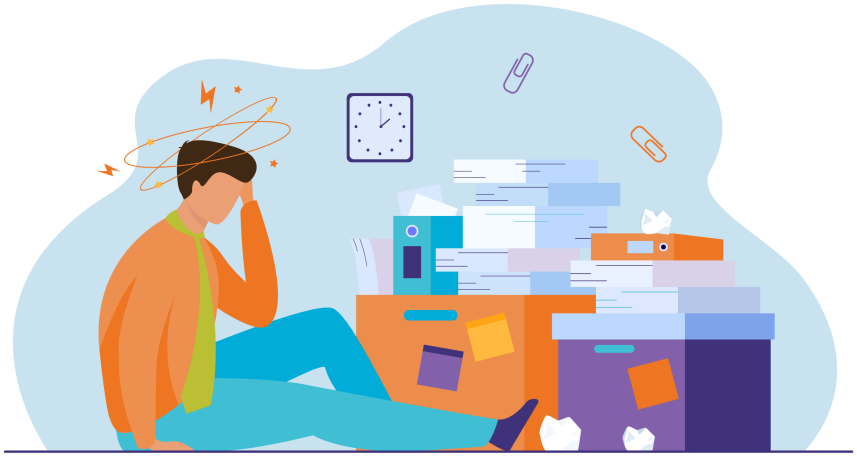
HEALTH LINKS

Mind at Work

Workplace Mental Health in 2021 and beyond…

September 23rd | 8:00am MT

A workplace culture of mental wellbeing demands both organizational support and individual commitment. You can assist your co-workers by understanding what mental health is, and raising awareness about how it impacts your workforce. No matter your schedule or competing demands, there are tools you can utilize to improve your own mental health. Investing in workplace mental health helps organizations address fatigue and burnout while increasing presenteeism and productivity. This workshop helps establish a foundational understanding about mental health and provides evidence-based research to support mental wellbeing.



Introduction

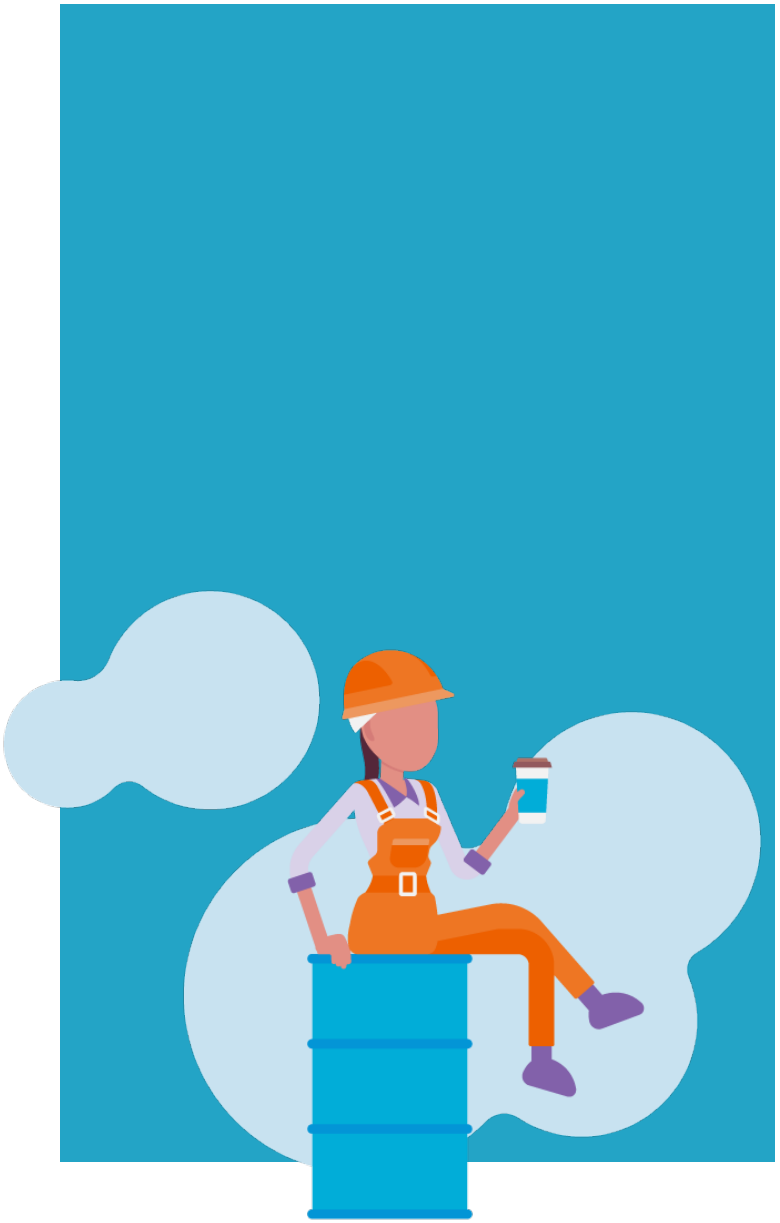
David Shapiro

Program Manager
Health Links™ | Center for Health, Work & Environment
Colorado School of Public Health
University of Colorado Anschutz Medical Campus

About Us

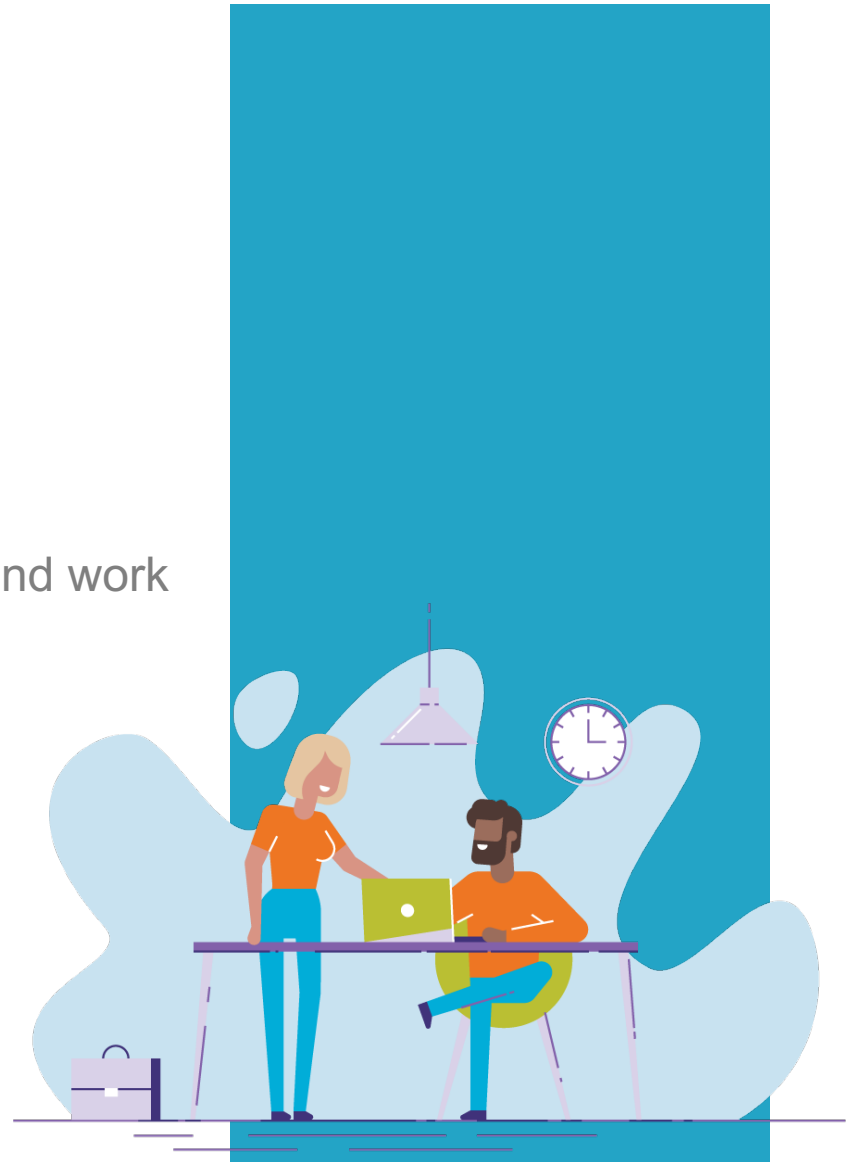
Health Links™ is a mentoring program that champions health and safety at work. We offer evidence-based Healthy Workplace Certification™ and advising to help organizations and their team members achieve Total Worker Health®.

As a program based in the Center for Health, Work and Environment at the Colorado School of Public Health, our deep experience as researchers and industry trailblazers informs everything we do.



Today's Agenda

- Understanding mental health
- Impact of COVID-19
- Relationship between mental health and work
- Taking action
- Stigma and barriers to success
- Evidence-based tools and resources



Mental Health Matters

Understanding Mental Health

The spectrum of mental health and mental illness

Why does mental health affect each person differently?

Risk and protective factors

Individual factors

Social and systemic factors

Bi-directional relationship: mental health & the economy

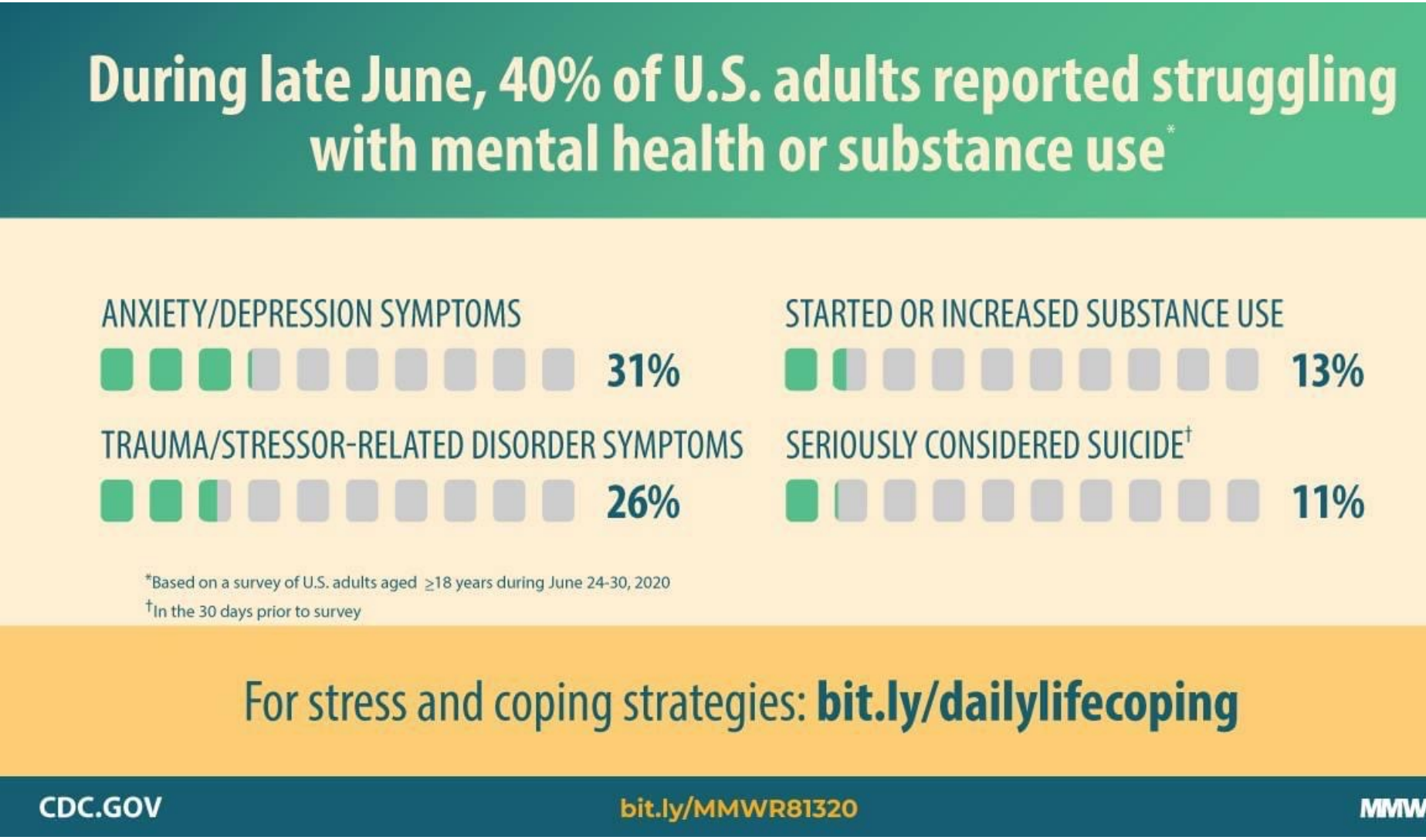
Impact of COVID-19

Unemployment, overwork, and essential workers

Mental health is a top concern among employers

Prevalence of mental health problems

Long-term impacts

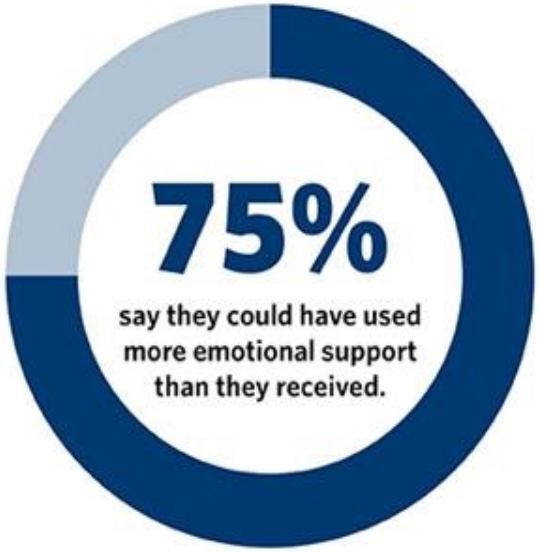


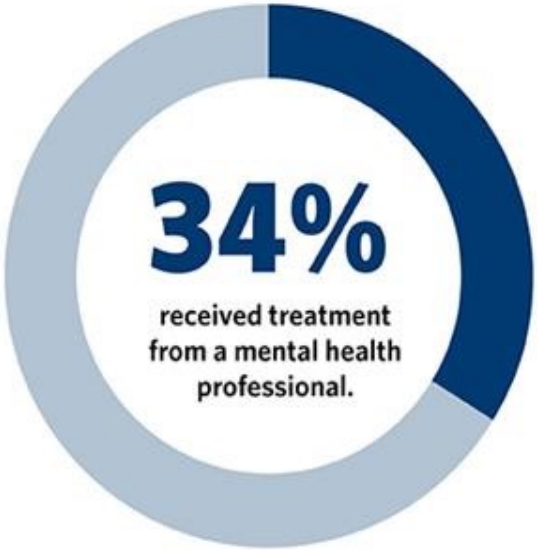
Suicide is now the 10th leading cause of death in the United States.

PANDEMIC SURVEY

1 in 4 Essential Workers (25%) Diagnosed With Mental Health Disorder Since Start of Pandemic

AMERICAN PSYCHOLOGICAL ASSOCIATION





https://www.apa.org/news/press/releases/stress/2021/infographics-march

Mental Health and the Workplace

Impact of the workplace on individual mental health

Impact of individual mental health on the workplace

Treatment works

Addressing mental illness in the workplace

Taking Action

Culture of psychological safety

Leadership, supervisors, and prioritizing mental health

Human resources

Employee education and awareness

Stigma and Barriers to Success

Stereotypes, biases, and attitudes

Individual mindsets and fears

Overwhelming individuals with too many resources

Requires continuous effort

Be aware of the traps

Evidence-based Tools & Resources

Mantherapy.org

Talking about it

Getting outside

3 good things

Health Links™ Workplace Mental Health Module

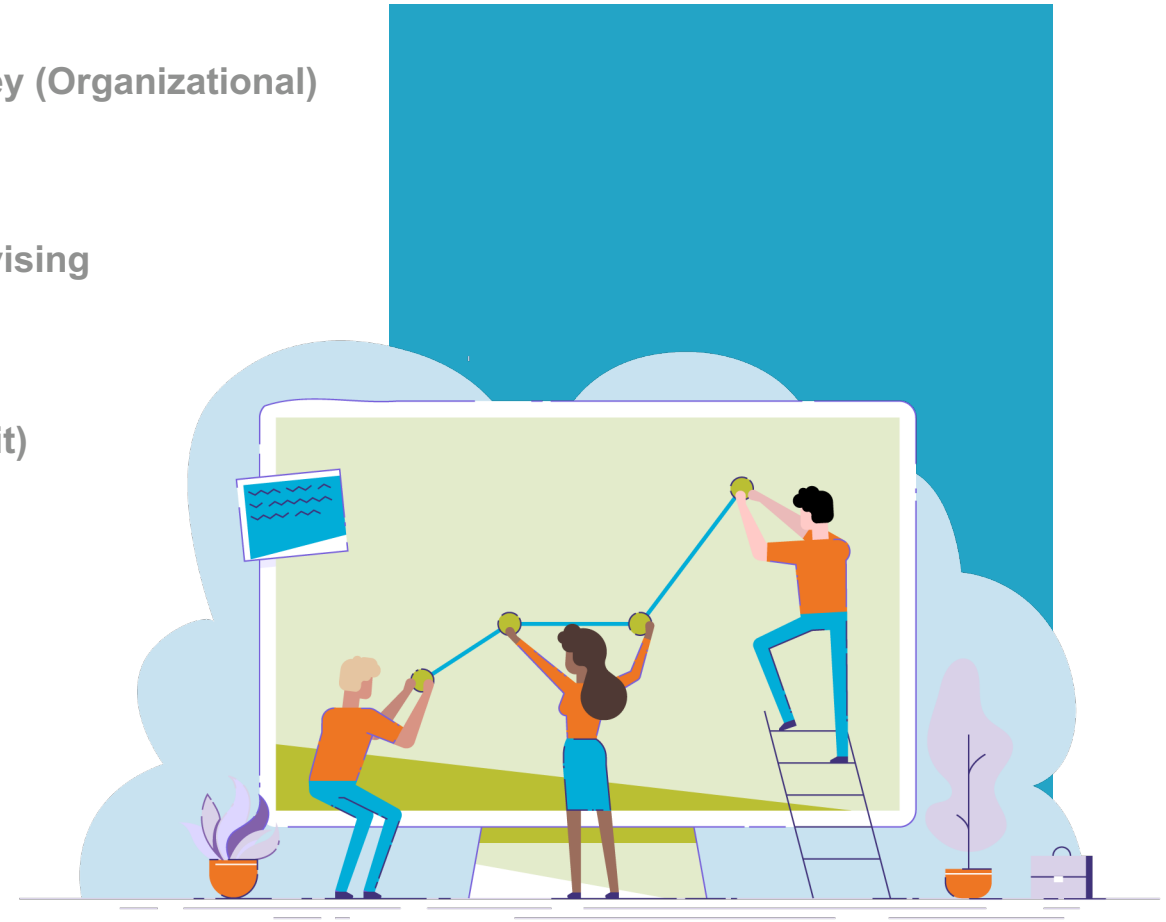
New Release:

Workplace Mental Health Module

Workplace Mental Health Survey (Organizational)

Customized Report Card & Advising

Online Resource Center (Toolkit)



Helen and Arthur E. Johnson Depression Center
UNIVERSITY OF COLORADO **ANSCHUTZ MEDICAL CAMPUS**

Workplace Mental Health Survey

New tool from Health Links™

- **Workplace Culture**: Do leaders raise awareness about mental health? What resources and policies does your organization dedicate to mental health?
- **Employee Benefits**: Does your benefit package address employee mental health? What are your paid leave policies?
- **Education & Training**: Do you provide leaders, managers, and employees with the knowledge and skills they need to address mental health issues?
- **Equity & Accessibility**: How fair and inclusive are your policies, practices, programs, and benefits?

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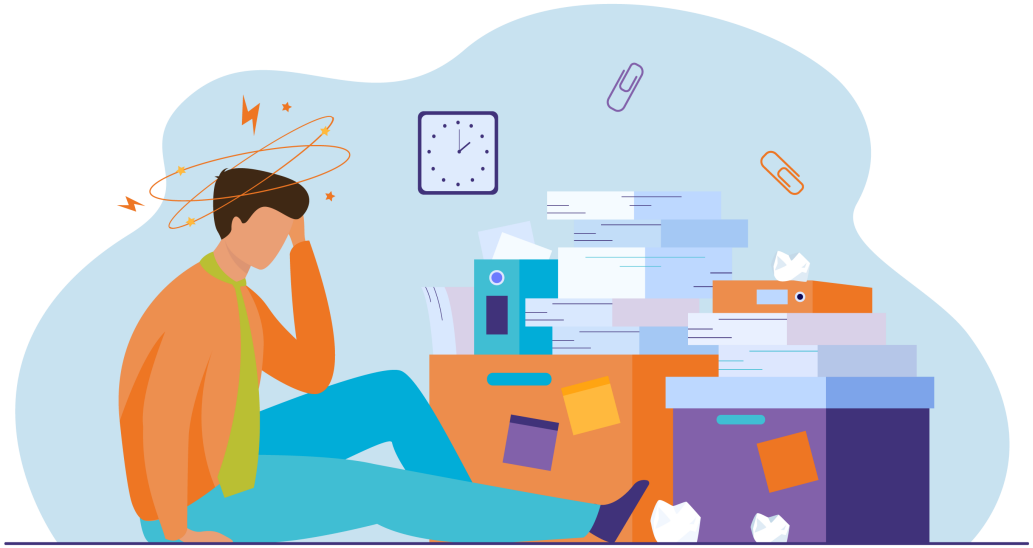
Question & Answer

Thank you for joining us!