



Mental Health and Stress

American Psychological Association Resources for Employers

Tips, tools and other resources to help employers create a healthy work environment.

<http://www.apaexcellence.org/resources/>

The Boston College Center for Work and Family

The Boston College Center for Work & Family helps organizations create effective workplaces that support and develop healthy and productive employees.

www.bc.edu/centers/cwf/

European Network for Mental Health Promotion

The European portal for mental health promotion includes a toolkit for promoting mental health and wellbeing at work.

www.Mentalhealthpromotion.net

Families for Depression Awareness

This national nonprofit organization helps families recognize and cope with depressive disorders.

www.familyaware.org

International Labor Organization

Tips for improving stress in the workplace, including easy-to-apply checkpoints and guidance to help reduce stress.

www.ilo.org/global/publications/books/WCMS_168053/lang--en/index.htm

Mind and Life Institute

The Mind and Life Institute is a non-profit organization whose mission is to build a scientific understanding of the mind to promote personal growth and improve mental health.

www.mindandlife.org

The Monday Campaigns

Destress Monday Campaign

www.destressmonday.org

National Institute for Occupational Safety & Health: Stress...At Work

This publication highlights knowledge about the causes of stress at work and outlines steps that can be taken to prevent job stress.

www.cdc.gov/niosh/docs/99-101/

Partnership for Workplace Mental Health

The Partnership for Workplace Mental Health is a program of the American Psychiatric Foundation, a subsidiary of the American Psychiatric Association. The Partnership works with businesses to ensure that employees and their families living with mental illness, including substance use disorders, receive effective care. It does so in recognition that employers purchase healthcare for millions of American workers and their families.

www.workplacementalhealth.org

Screening for Mental Health

The WorkplaceResponse program encourages mental health awareness and screenings within Massachusetts-based businesses.

<http://mindwise.wpengine.com/shop/workplace-online-screening-package/>

Substance Abuse and Mental Health Services Administration (SAMHSA)

Workplaces That Thrive: Resources for Creating Mental Health Friendly Work Environments, A Mental Health Friendly Workplace booklet.

www.samhsa.gov/

Suicide Prevention Resource Center

SPRC encourages suicide prevention practitioners, health care professionals, policymakers, journalists, and others to use current data related to the suicide problem. In this section of our website you will find regularly updated data on the magnitude and patterns of suicidal behavior in the United States.

www.sprc.org

University of Massachusetts Lowell The Center for the Promotion of Health in the New England Workplace (CPH-NEW): Stress@Work

This website is designed to help employers and employee health program planners understand how to reduce workplace stressors.

www.uml.edu/Research/CPH-NEW/Worker/stress-at-work/default.aspx

University of Massachusetts Medical School: Center for Mindfulness

The Center for Mindfulness offers information on resources and programs to reduce stress and promote mental health and wellbeing.

www.umassmed.edu/cfm/
