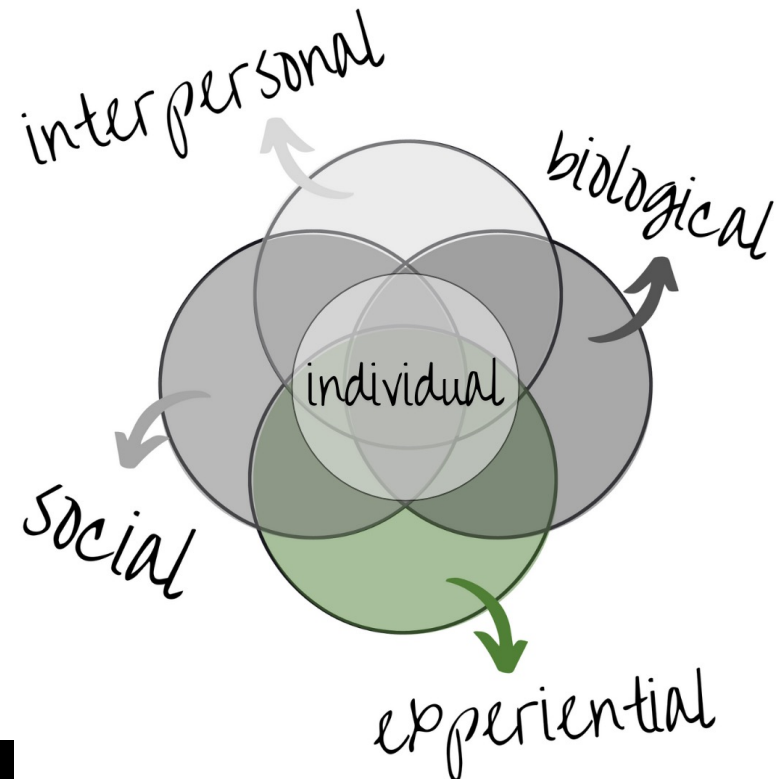


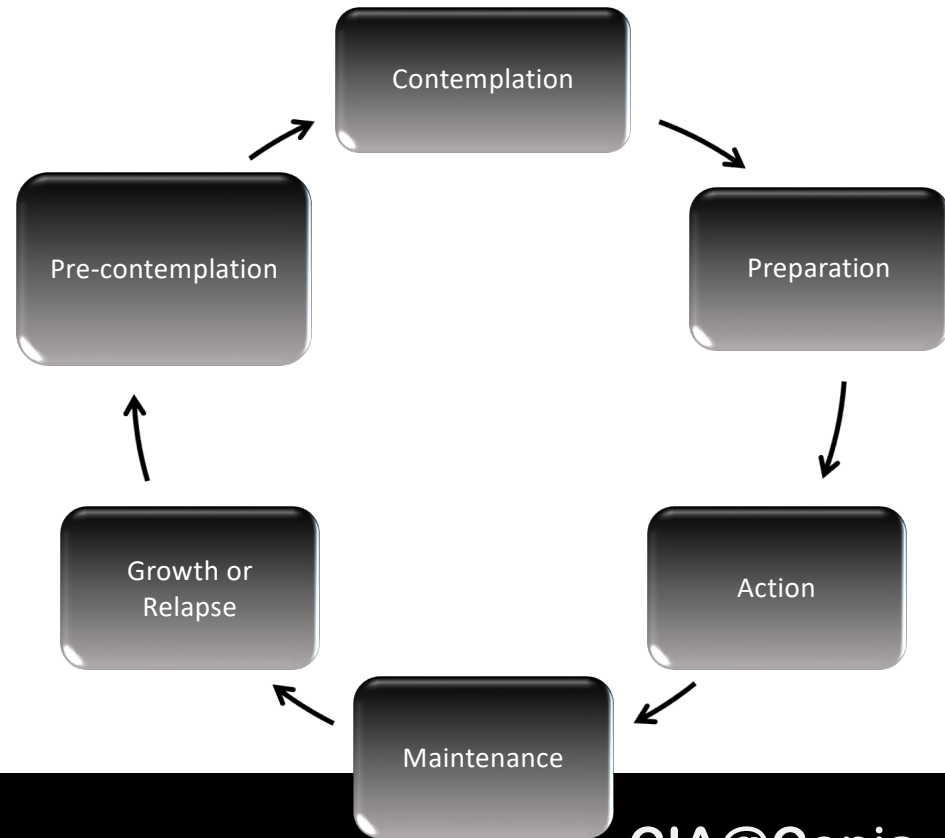
Understanding Mental Health

Our work and workplace environment play a significant role in our mental health & well-being



Behavioral Stages of Change

Meeting people
where they are



Practical Ideas Beyond EAPs

- Create quiet spaces for employees to recharge or relax
- Start and end meetings with a planned silence (try a 30 or 60 second pause)
- Visible leadership that embraces mental health conversations
- Workplace activities that do not involve alcohol
- Build relationships with local mental health agencies
- Explore insurance carrier resources such as videos, apps and articles
- Align company HR activities with Mental health initiatives eg: Mental Health in May
- Create formal and informal systems of input and feedback

Suggested FREE Resources

Mental Health

[Global Wellness Institute](#)

[Greater Good In Action](#)

[Greater Good Science Center](#)

[NAMI](#)

[SAMHSA](#)

Relationship with Alcohol

[Ben's Friends](#)

[DrinkiQ](#)

[Focus on Health](#)

[IARD - International Alliance for Responsible](#)

[Drinking](#)

[Responsibility.org](#)

Additional Resources

healthy pour
helping you pour from a full cup

<https://healthypour.org/>
laura@healthypour.org



<https://abalancedglass.com/>
rebecca@abalancedglass.com

winejobs.com
winejobs.com
SUMMIT

