

MENTAL HEALTH RESOURCES

1 A comprehensive questionnaire from the National Institute for Occupational Safety and Health to track worker well-being along with instructions for an employer to act upon the data collected from their employees filling out the questionnaire.

- [NIOSH Worker Well-Being Questionnaire](#)
- [NIOSH Worker Well-Being Questionnaire Overview](#)

2 Mental health training for employees at every level from the National Council for Mental Well being. Employees will walk away with a certification and the skills to recognize and respond to coworkers with mental health challenges

- [Mental Health First Aid at Work Training](#)

3 Choose between a comprehensive or more condensed 'Essentials' Health & Safety Training and Certification for leaders within your workplace offered by the Canadian Mental Health Association.

- [Psychological Health & Safety Professional Training](#)

4 Free anonymous online screenings for 10 mental health conditions offered by Mental Health America

- [Online Mental Health Screening Tools](#)

5 View and learn from case studies of successful mental health initiatives from companies of varying size and industry

- [Successful Case Studies](#)

6 Educate employees on their legal rights regarding their mental health in the workplace

- [Employees legal rights regarding mental health at work](#)
- [Mental Health and the Family and Medical Leave Act \(FMLA\)](#)