

Mental Health & Wellbeing Toolkit

Employers recognize their workforce as a highly valuable resource. Recently, employers of all sizes and representing diverse industries began to focus on more effectively addressing mental health. No longer was it an afterthought, but a business imperative.

Since the COVID-19 pandemic, there has been a surge in employees showing signs of depression, anxiety, and other serious mental health distress. Use this resource for supporting mental health and wellbeing benefits for your organization and your most important asset - your people.

EMPLOYEE-FACING: MENTAL HEALTH AND WELLBEING RESOURCES

- ▶ Tips to Control Your Response to Uncertainty and Fear [[FLYER](#)]
- ▶ Maintaining Mental Wellbeing During a Quarantine [[FLYER](#)]
- ▶ Boost Your Mental Wellbeing by Saying Goodbye to Stress [[FLYER](#)]
- ▶ Managing Anxiety [[FLYER](#)]
- ▶ How to Support a Family Member in Crisis [[VIDEO](#)]
- ▶ Caregiving and Working From Home [[FLYER](#)]
- ▶ Six Mental Health Tips for Self-Isolation [[VIDEO](#)]
- ▶ Selecting a Mental Health Professional [[FLYER](#)]
- ▶ Taking Charge of your Health: Meditation for Mental Health [[FLYER](#)]
- ▶ Reduce Anxiety with the 4-7-8 Breath [[VIDEO](#)]
- ▶ Staying Fit in Extraordinary Times [[FLYER](#)]
- ▶ Stress Signals: When Your Body Says Help [[FLYER](#)]
- ▶ Emotional, Spiritual & Physical Self-Care Checklist [[FLYER](#)]
- ▶ Making Home “Work” for You and Your Employees [[ARTICLE](#)]
- ▶ Working From Home During the Coronavirus Outbreak [[FLYER](#)]

EMPLOYER RESOURCES AND TEMPLATES

- ▶ Coronavirus Survey for Leadership and HR [[TEMPLATE](#)]
- ▶ Employee Assistance Program [[EDITABLE TEMPLATE](#)]
- ▶ Your Stigma-Free Workplace Blueprint [[PDF WITH EDITABLE TEMPLATES](#)]
- ▶ In the Face of the Coronavirus, Workplace Wellness is Key [[ARTICLE](#)]
- ▶ Supporting Employee Wellbeing Through a Pandemic [[ON-DEMAND WEBINAR](#)]
- ▶ Managing the Mental Health of Returning Employees [[FLYER](#)]
- ▶ Tips for Encouraging Mental Health and Fostering Opportunities for Connection [[ARTICLE](#)]





- ▶ [Post-Coronavirus Return-to-Work Plans and EAPs \[FLYER\]](#)
- ▶ [Making Home “Work” for You and Your Employees \[ARTICLE\]](#)

MORE RESOURCES

- ▶ [Videos to Share With Your Team That Cover Everything from CARES, Telemedicine, and More \[VIDEO LIBRARY\]](#)

For more COVID-19 support and resources, visit the [OneDigital Coronavirus Advisory Hub](#).