

Mental Health in the Workplace

From The NPCA Safety Committee

What is Mental Health

Mental health is the component of behavioral health that includes our emotional, psychological, and social well-being. Mental health is a state of well-being that enables us to cope with the stresses of life, realize our abilities, learn well, work well, and contribute to our community.

Mental and physical health are equally important components of overall health.

- Mental health is closely linked to physical health.
- For example, depression increases the risk for many types of physical, long-lasting (chronic) conditions like diabetes, heart disease, and stroke. Similarly, the presence of chronic conditions can increase the risk for developing a mental health condition.
- Addressing mental health and physical health needs can improve overall health.

Mental health is not simply the absence of a mental health condition—it is also about the presence of well-being and the ability to thrive.

- Many factors influence our ability to thrive and experience optimal well-being, such as family and community relationships, access to opportunities, and environmental circumstances.
- You can experience positive well-being even if you are living with a mental health condition. Having access to effective treatment that helps to manage symptoms along with presence of safe, stable, and nurturing relationships and environments can help.
- People who don't have a mental health condition may still face challenges with their mental health.



YOU CAN MAKE A DIFFERENCE IN SOMEONE'S LIFE

<https://qprinstitute.com/>

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Getting help

Mental health service providers

Where to start:

- [FindSupport.gov](https://www.samhsa.gov/find-support) for health care or support, treatment options, treatment payment options, ways to cope, and to assist others with finding treatment
 - <https://www.samhsa.gov/find-support>
- [How to find a health professional](https://www.samhsa.gov/find-support/health-care-or-support/professional-or-program/no-insurance) for mental health, drugs, or alcohol, including help for people without insurance (SAMHSA)
 - <https://www.samhsa.gov/find-support/health-care-or-support/professional-or-program/no-insurance>
- [What Type of Mental Health Provider Should I See?](https://www.mhanational.org/finding-right-mental-health-care-you) (Mental Health America)
 - <https://www.mhanational.org/finding-right-mental-health-care-you>
- [Tips for Choosing a Provider & Where to Start](https://www.mhanational.org/choosing-provider) (Mental Health America)
 - <https://www.mhanational.org/choosing-provider>

Treatment and support

Mental and Substance Use Disorder Treatment

Visit findtreatment.samhsa.gov – a confidential and anonymous resource for persons seeking treatment for mental and substance use disorders in the United States and its territories, OR connect with SAMHSA's National Helpline:

- Call [1-800-662-HELP \(4357\)](tel:1-800-662-HELP)
- Text your 5-digit ZIP Code to [435748](tel:435748) (HELP4U). Reply HELP to reach an information specialist
- TTY [1-800-487-4889](tel:1-800-487-4889)

Support Groups/Peer Support

- [Find a support group for mental health, drugs, alcohol | SAMHSA](https://www.samhsa.gov/find-support/health-care-or-support/support-group-or-local-program)
 - <https://www.samhsa.gov/find-support/health-care-or-support/support-group-or-local-program>
- [NAMI.org](https://www.namihq.org) (National Alliance on Mental Illness) is a free, nationwide peer-support service
 - They provide information, resource referrals, and support to people living with mental health conditions, their caregivers, and mental health providers
 - Call [1-800-950-NAMI](tel:1-800-950-NAMI) (6264) Monday through Friday, 10 a.m. to 10 p.m. ET

source: www.cdc.gov