



WELCOA Institute for Wellness Studies

HEAR ME ROAR

Mental Health Resources

Training Zone, Adrian Wakeling, Sr. Policy Advisor, Acas.
Mental Health at Work: Do We Need Line Manager Superheroes?

Heads Together
<http://www.royalfoundation.com/heads-together-duke-duchess-cambridge-prince-harry-working-eliminate-stigma-around-mental-health>

Mind
<http://mind.org.uk>

Great-West Life Centre for Mental Health in the Workplace
<https://www.workplacestrategiesformentalhealth.com/workplace-wellness-program-calendar>

Center for Workplace Mental Health – APA
<http://www.rightdirectionforme.com>

Partnership for Workplace Mental Health
<http://www.workplacementalhealth.org>

Suicide Support Resources

Center for Workplace Mental Health – APA
<http://www.rightdirectionforme.com>

Partnership for Workplace Mental Health
<http://www.workplacementalhealth.org>

Live Through This Project
<http://www.livethroughthis.org>

Zero Suicide
<http://www.zerosuicide.org>

My 3App
<http://www.my3app.org>

RU OK? Australia
<http://www.ruok.org.au>

Suicide Prevention Resource Foundation
<http://www.sprc.org/>

Working Age Men Suicide Prevention – Man Therapy
<http://www.mantherapy.org>

Additional Resources

Northeast Business Group on Health – Working Well
<http://www.nebgh.org/mental-health>

University of Michigan - Depressions Toolkit
<http://www.depressiontoolkit.org>

Workplace Accommodations / ADA
<http://www.askjan.org/media/Psychiatric.html>

Kaiser Permanente
<http://www.findyourwords.org>

The Guardian, January 2018
Is Everything You Think you Know About Depression Wrong?

National Alliance on Mental Illness
<http://www.nami.org>

Mental Health First Aid
<http://www.mentalhealthfirstaid.org>

Mental Wellness Initiative, Global Wellness Institute
<http://www.globalwellnessinstitute.org/mentalwellness-initiative> (White paper due mid-2018)

Neuroscience and Neuroplasticity - Dr. Lawrence Choy
<https://www.lawrencechoymd.com>

Assessment Tools
<http://www.mindq.com>

Storytelling
<http://www.livethroughthis.org/>

For Managers
<http://actionallianceforsuicideprevention.org/sites/actionallianceforsuicideprevention.org/files/Managers-Guidebook-To-Suicide-Postvention-Web.pdf>

<http://www.khn.org/news/if-your-insurer-covers-few-therapists-is-that-really-mental-health-parity/>

Alcoholism - Dr. David Ohlms
<http://www.youtube.com/watch?v=LHISzswonqs>

Collaborative Care Models
<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4163191/>



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Additional Resources (continued)

From the University of Washington

<http://www.aims.uw.edu/collaborative-care>

Working Well Toolkit

<http://www.workplacementalhealth.org/getattachment/Making-The-Business-Case/Link-2-Title/working-well-toolkit.pdf?lang=en-US>

National Alliance of Healthcare Purchasers Coalition

<https://connect.nationalalliancehealth.org/HigherLogic/System/DownloadDocumentFile.ashx?DocumentFileKey=6c65b6b7-632a-e164-931f-038587ba395f&forceDialog=0>

Mental Health Policy

http://www.who.int/mental_health/policy/services/13_policiesprogramsworkplace_WEB_07.pdf?ua=1&ua=1

TED Talks: Brene Brown "Listening to Shame"

https://www.ted.com/talks/brene_brown_listening_to_shame/transcript

The Power of Empathy

<https://suicideprevention.ca/the-power-of-empathy>

Leadership Manifesto

http://brenebrown.com/wp-content/uploads/2017/10/Daring_leadership_manifesto.pdf

Engaged Feedback

<http://brenebrown.com/wp-content/uploads/2017/10/Engaged-Feedback-Checklist-Download.pdf>

Online/App Resources

GingerIO

<https://ginger.io>

Go Lantern

<https://golantern.com>

Better Help

<https://www.betterhelp.com/about>

7 Cups

<https://www.7cups.com>

Buddhify

<https://buddhify.com>

Psyberguide

<https://psyberguide.org/products/mood-tracker>