

Promoting Mental Health at Work



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WHAT EMPLOYERS CAN DO

Achieve 3
Goals to Qualify
as a Mentally
Healthy
Workplace

1. Educate employees on mental illnesses in the workplace. There are three programs available through NAMI Minnesota: **Make it Ok**, the **online Make it Ok** training, and a one-hour **Good Mental Health in the Workplace** presentation.



2. Increase awareness about mental illnesses by including information in employee newsletters, posting Make it Ok posters on the bulletin boards, including NAMI informational sheets in breakrooms.



3. Sponsor the NAMIWalk, the largest public awareness raising event in the state, at the \$250 level and have a sign with your company's logo and/or name along the walk route which will be seen by over 4000 people.



OR

Form a NAMIWalk team (no fees) as a way to let your employees know that you care about their and their family's mental health.



4. Ensure your insurance includes a wide array of mental health benefits including depression screening, mental health crisis services and more.



5. Make sure your employees know what is available through your EAP or health insurance and are aware of potential accommodations.



6. Have your employees take the Make it Ok pledge.



7. Survey the employees regarding their comfort in raising the issue of mental illness with their supervisor or HR department



8. Educate your managers or supervisors about accommodations for people with mental illnesses.



9. Add mental health to sick leave policy.



10. Create a quiet room.



NAMI Minnesota (National Alliance on Mental Illness) is a non-profit organization dedicated to improving the lives of children and adults with mental illnesses and their families. NAMI Minnesota offers education, support and advocacy.

