Resources:

• American Heart Association, Mental Health: A Workforce Crisis

• One Mind at Work

• American Psychiatric Association Foundation Center for Workplace Mental Health

• The Impact of Race on Mental Health and Well-being

• Psych Hub

• BIPOC Behavioral Health Resources & Anti-Racist Actions for Allies

• National Alliance on Mental Illness

• Mental Health America

• EEOC: Depression, PTSD & Other Mental Health Conditions in the Workplace: Your Legal Rights

• CDC

• Mental Health in the US

• Stress at Work

• American Psychological Association

Articles:

• HERO, Employee Mental Health and Well-being: Emerging Best Practices and Case Study Examples

• Harvard Business Review, How Employee Assistance Programs Can Help Your Whole Company Address Racism at Work

• The Hartford News- Employee Benefits: Mental Health Divide: A New Study By The Hartford Finds Employers Think They Have Supportive Workplaces With Flexibility But U.S. Workers Disagree
• Harvard Business Review, Navigating Mental Health at Work: A Reading List by HBR Editors

• Forbes, The Essential Role of Mental Health For A Diverse, Inclusive Workplace

• American Psychological Association

• APA: Racism, bias, and discrimination resources

• APA: Workplace issues

• American Psychiatric Association Foundation Center for Workplace Mental Health

Webinar:

• Dr. Juliette McClendon, Mental health equity: barriers and solutions