



NEWS RELEASE

(For immediate release)

HERO Releases Navigation Guide for Employee Mental Health Landscape

A practical framework empowers health and well-being decision-makers with actionable information when selecting mental health supports

RALEIGH, NC (August 6, 2024) – The Health Enhancement Research Organization ([HERO](#)) has released a new comprehensive guide aimed at assisting benefits professionals and employers in addressing the mental health and well-being of their workforce. This timely resource co-authored by Philip Swayze, MS, CWPD; David Ballard, PsyD, MBA; and the Workforce Mental Health and Well-being Study Committee, titled "Enhancing Workforce Mental Health: A Guide to Key Support Areas," comes amidst growing recognition of the critical role mental health plays in employee productivity, engagement, and overall well-being.

Mental health has become a pressing issue in the workplace, with studies showing that one in five adults in the United States experience mental illness. This not only affects the individual's well-being but also has a significant impact on the workplace, resulting in decreased productivity, increased absenteeism, and higher healthcare costs.

In response to this growing concern, HERO has developed a comprehensive guide to help benefits professionals and employers navigate the complex landscape of mental health support. The guide explores five key areas of support prevalent in today's healthcare marketplace:

- **Behavioral health benefits**
- **Employee assistance programs (EAPs)**
- **Digital mental health solutions**
- **Informational resources**
- **Mental health training**

Building upon HERO's [previous publications](#), this new resource offers a practical framework for navigating the vast and often-confusing landscape of mental health resources and empowering decision-makers to choose evidence-based, high-quality offerings that deliver measurable impact. Each area of support includes these key features:

- **Clear definitions** of each resource category
- **Actionable insights** to inform decision making

- **Essential questions** to ask potential vendors
- **Red flags** to identify during vendor selection

By leveraging HERO's expertise in unbiased information delivery, the guide avoids promoting specific vendors, ensuring the information remains current and relevant.

According to Karen Moseley, CEO & President of HERO, "Our goal is always to connect science and practice for workplace health and well-being. This guide draws on the research and empowers employers and benefits professionals to navigate the supports available to create a mentally healthy workplace."

The guide is now available for download on HERO's website, offering valuable resources to benefits professionals, employers, and stakeholders committed to enhancing workplace mental health and well-being.

For more information and to access the guide, visit <https://hero-health.org/publication/workforce-mental-health-well-being-resources-a-navigation-guide/>.

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About HERO: Based in Raleigh, NC, HERO (the Health Enhancement Research Organization) is a not-for-profit, 501(c)3 corporation that was established in 1997. HERO is dedicated to identifying and sharing best practices that improve the health and well-being of employees, their families, and communities. To learn more, visit: www.hero-health.org Follow us on [Facebook](#) or [LinkedIn](#).

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