



STIGMA-FREE WORKPLACE CHECKLIST

Awareness is not judgment. Awareness is power.

CHECK ALL THAT ARE TRUE WITHIN YOUR WORKPLACE

Review the checked boxes with your leadership team to discuss a comprehensive risk reduction & mental health safety plan for this year.

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| <input type="checkbox"/> Mental health is not included in our workplace diversity & inclusion commitment. | <input type="checkbox"/> Resources outside of our EAP/internal programs such as MHA or the crisis text line are not promoted in my workplace. |
| <input type="checkbox"/> Our managers are not trained to identify or support an employee who is in a mental health or suicidal crisis. | <input type="checkbox"/> We do not have Crisis Response Protocols (CRP) for how to handle on-site employee crises that I am aware of. |
| <input type="checkbox"/> Return-to-work policies that support employees who are returning from a mental health related medical leave are not a part of our workplace policies. | <input type="checkbox"/> My workplace doesn't participate in local or national awareness efforts like Mental Health Month or National Suicide Prevention Week. |
| <input type="checkbox"/> Mental health benefits are not a part of our benefit offerings. | <input type="checkbox"/> Leadership is unaware of the business & legal case for early detection & treatment of mental health conditions. |
| <input type="checkbox"/> Staff has not been trained in safe and effective messaging regarding mental health & suicide prevention. | |
| <input type="checkbox"/> Our wellness programs do not emphasize mental health & physical health equally. | |

___ /10 AREAS TO ADDRESS IN 2020

For best practice strategies & support for your workplace, visit: StigmaFreeWorkplace.com



SUPPORT RESOURCES

"Stigma-Crushing" Support

- SeizeTheAwkward.org
- StigmaFreeWorkplace.com

Personal, Family, & Youth Mental Health Support

- Nami.org/Find-Support

U.S. Suicide Prevention Lifeline

- 1.800.273.8255 (TALK)

U.S. Crisis Text-line

- Text HOME to 741741

U.S. Domestic Violence Hotline

- 1.800.799.7233

Suicide Loss Survivor Support

- SuicidePreventionLifeline.org/Help-Yourself/Loss-Survivors/
- Support Group Directory: Suicidology.org/Suicide-Survivors/Suicide-Loss-Survivors

Suicide Attempt Survivor Support

- SuicidePreventionLifeline.org/Help-Yourself/Attempt-Survivors/

Substance Abuse Support

- SAMHSA.gov
- AA.org
- Al-Anon.org
- 1.800.662.4357

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