

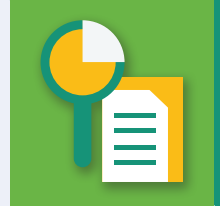
# SELECTING RESOURCES FOR YOUR WORKPLACE

**IMPORTANT NOTE:** This document is to help guide your company in selecting and maintaining a list of mental health and suicide prevention related resources that you can share with your employees. The following is not necessarily comprehensive and only meant for general informational purposes. Be sure to review any existing workplace policies that may allow or disallow the use of any types of services or resources or that may affect the types of partnerships you can create with third party vendors or entities.

## HOW TO CHOOSE THE BEST RESOURCE?

Follow these general rules when selecting resources to share with your employees.

- **USE CREDIBLE RESOURCES.** Be sure to do your research when selecting a resource that you will share with your workforce. Search online for reviews or information about business practices through the Better Business Bureau or other appropriate accrediting bodies. For nonprofits, consider referencing or referring to Charity Navigator or Better Health Charities. Other acceptable accrediting bodies may also be sufficient.
- **QUALITY OVER QUANTITY.** Too many options for people can appear overwhelming and lead to decision paralysis. It's best to narrow down your resource options to one or two options per category.
- **GO LOCAL WHEN POSSIBLE.** Community resources are usually really great at knowing the people they serve. This will help ensure the best care possible for your employees and in a setting that is geographically familiar to them. This can get complicated when it comes to multi-national or national companies where employees are spread out.
- **KEEP YOUR LIST UPDATED.** Programs and organizations are fluid entities just like businesses where information, website links, and availability of services may change from time to time. It's a good idea to vet your resources every few months for changes to keep your resources up-to-date and accurate for your employees.



## BUILDING YOUR LIST OF RESOURCES

Try to be comprehensive in the types of resources you choose. Use the chart to help guide how you build out your list of resources. The chart is only a suggestion and you may include or exclude any categories that make sense to your company.





## CATEGORIES AND SUPPORTING INFORMATION TO CONSIDER WHEN SELECTING RESOURCES:

### EXAMPLES OF DIFFERENT TYPES OF SERVICES

- Crisis intervention (Mobile crisis teams, phone/text/chat services, hospital or mental health emergency clinic)
  - Example: National Suicide Prevention Lifeline
- Informational/Educational (Government, university, or nonprofit/for profit websites)
  - Example: The Mayo Clinic’s website provides information on different mental health issues and their symptoms
- Online Professional Counseling/Mobile App
  - Talkspace.com
- Traditional Psychotherapy/counseling services
  - In person visits with a therapist, psychiatrist, or other doctor
- Support Group
- Peer Group

### EXAMPLES OF DIFFERENT TOPICS

- Suicide/suicide prevention
- General Mental Illness
- For Veterans
- Grief Support
- Specific topic
  - PTSD, anxiety, depression, eating disorder, substance abuse, etc.

SERVICE PROVIDED	TOPIC	NAME OF RESOURCE	CONTACT PERSON	WEBSITE	SOURCE
Informational		Resource 1			Government
		Resource 2			Nonprofit
		Resource 3			Nonprofit
Crisis Intervention	Suicide	Resource 1			
	Mental/Emotional Crisis	Resource 2			
Mobile App/Telehealth		Resource 1			Hospital/Medical



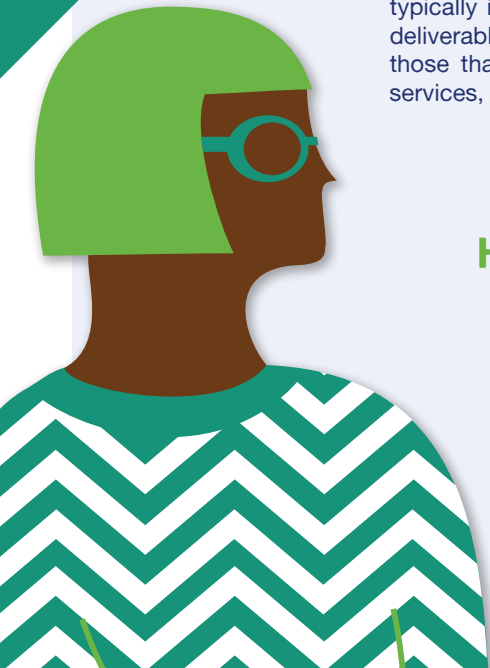
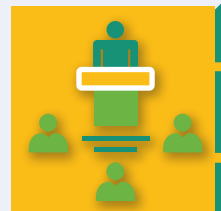
## CREATING PARTNERSHIPS

Partnerships with national, state, and local vendors is another important aspect of a suicide prevention and providing access to resources for your workforce. Partnerships can be formal or informal and cover a wide array of services that are often helpful in a crisis situation or for general information regarding mental and emotional health issues.

Formal partnerships are those that your company enters into with another vendor or provider through a written contract, Memorandum of Understanding, or other formal document. These partnerships typically include detailed information on what the vendor will provide your company, a timeline on deliverables, cost of services, and provide defined access to the vendor. Informal partnerships are those that provide a general knowledge or understanding of your company with a vendor, their services, and how your employees can utilize the services.

## HOW DO YOU CREATE A PARTNERSHIP WITH ONE OF THESE SERVICES?

Reach out directly via their contact instructions on the vendor website. Especially if you have a large workforce, it’s recommended to contact the service you’re hoping to connect your workforce with and let them know you would like to provide information and access to their service in your workplace. This gives the vendor extra time to prepare (if the service is free) for any possible increase in volume of service users and reassures you that you’re providing the best resource for your employees.



# OSA'S LIST OF POSSIBLE RESOURCES



Please note that this list of resources includes links to other extensive lists of resources. This list is NOT comprehensive and there are many other great resources that you can connect your workforce to.

## NATIONAL CRISIS VENDORS

- National Suicide Prevention Lifeline (free, confidential, 24/7)
  - Web: <https://suicidepreventionlifeline.org/>
- Crisis Text Line (free, confidential, 24/7), also provides services that can be dedicated to your company with a dedicated text code for a fee.
  - Web: <https://www.crisistextline.org/>

## NATIONAL INFORMATIONAL VENDORS

- National Alliance on Mental Illness (advocacy, education and support programs for families living with a mental illness)
  - Web: <https://www.nami.org/>
- Social work License map Has put together a list of national nonprofit organizations and government offices that provide mental health and substance abuse services
  - Web: <https://socialworklicensemap.com/mental-health-resources-list/>

## PROFESSIONAL ONLINE COUNSELING APPS

- BetterHelp provides online professional counseling services
  - Web: <https://www.betterhelp.com/>
- Talkspace provides online professional counseling services
  - Web: <https://www.talkspace.com/>

## OTHER MENTAL HEALTH MOBILE APPS

- Anxiety and Depression Association of America completed a review of many mental health apps. You can see the apps and the results of that review here: <https://adaa.org/finding-help/mobile-apps>

## LOCAL VENDORS

- Mental Health American has developed a database of local mental health providers and services that you can access
  - Web: <http://www.mentalhealthamerica.net/local-resources>
- Local crisis centers, mental health and social service centers can also be found through your local United Way 211 information and referral services
  - Web: <https://www.211unitedway.org/>

