



# Mental Health Resources for the Workplace

## **ARIZONA RESOURCES**

### **Mental Health America of Arizona**

MHA-AZ has been serving Arizona for over 60 years with an aim to educate the community and advocate for those impacted by mental illness. MHA-AZ focuses on education, advocacy, and public policy that is sound for the people of Arizona. MHA-AZ offers online screening tools and other information and resources. Visit [www.mhaarizona.org](http://www.mhaarizona.org) or call (480) 994-4407.

### **Healthy Arizona Worksites**

Healthy Arizona worksites is a public health initiative that focuses on ways to help reduce stress, decrease illness, and increase energy. The Healthy Arizona Worksites Program (HAWP) helps employers successfully implement evidence-based worksite wellness initiatives to improve the health of their employees and businesses.

Visit [www.healthyazworksites.org](http://www.healthyazworksites.org) or call (602) 372-7034.

### **Marc Community Resources, Inc.**

Marc Community Resources, Inc. is a free service that provides information about mental and behavioral health as well as access to resources. Marc provides access to peer support groups (adults 18+) in the Phoenix metropolitan area and Maricopa County.

Visit <https://marcer.com> or call (480) 969-3800 for information.

### **National Alliance on Mental Illness (NAMI) Arizona**

NAMI Arizona has several different local affiliates throughout Arizona (with others opening soon). NAMI has family-to-family, peer-to-peer, parents and teachers as allies, family support groups, and recovery support groups available to the public.

Visit [www.namiarizona.org](http://www.namiarizona.org) or call (480) 994-4407 for information and resources.

### **Crisis Response Network**

The Crisis Response Network helps individuals and families obtain access to help that they need including a 24-hour peer-run Warm Line, Serious Mental Illness (SMI) determinations, mobile team dispatches, crisis transportation services, emergency room-based assessments, Department of Child Services (DCS) rapid response and crisis stabilization services, telephone follow-ups, tragedy support lines, and other community services. Visit [www.crisisnetwork.org](http://www.crisisnetwork.org)

## **NATIONAL RESOURCES**

### **U.S. Department of Labor**

The U.S. Department of Labor (DOL) offers resources for implementing policies on wellness and substance abuse programs in the workplace. Visit [www.dol.gov](http://www.dol.gov)

### **America's Hero's at Work**

This website is your link to information and tools to help returning Service Members living with Traumatic Brain Injury (TBI) and/or Post-Traumatic Stress Disorder (PTSD) succeed in the workplace -

Visit <https://www.dol.gov/vets/ahaw/>

### **The Substance Abuse and Mental Health Services Administration (SAMHSA)**

SAMHSA sponsors the National Mental Health Information Center which provides a wide array of information on mental health to people, the public, policymakers, providers and the media.

Visit [www.mentalhealth.samhsa.gov](http://www.mentalhealth.samhsa.gov)

### **Job Accommodation Network**

The Job Accommodation Network (JAN) is the leading source of free, expert, and confidential guidance on workplace accommodations and disability employment issues. Working toward practical solutions that benefit both employer and employee, Visit <http://askjan.org/links/about.htm>

## **ONLINE SCREENINGS, HOTLINES, AND CALCULATORS**

### **The Alcohol Cost Calculator**

The Alcohol Cost Calculator for Business, developed by Ensuring Solutions will help estimate the cost of alcohol problems to businesses and the wide-ranging effects they have on employees' health and well-being. The Calculator also suggests ways to reduce costs while addressing employees' needs.

Visit <http://www.alcoholcostcalculator.org/>

### **Substance Use Disorder Calculator**

Learn more about the impact of substance use disorders on your workplace, and create your personalized report. Visit <http://www.alcoholcostcalculator.org/sub/> <http://www.alcoholcostcalculator.org/sub/>

### **Mental Health Screening Tool**

This screening tool provides a quick way to identify whether you (or the person you refer) may be experiencing symptoms commonly associated with an illness and determine whether follow up with a professional is recommended.

Visit <http://screening.mentalhealthamerica.net/screening-tools?ref=MHA AZ>

### **Mental Health Workplace Screening**

Healthy or Unhealthy Workplace? Find out and visit <http://www.mhaarizona.org/workplace-wellness.html>

### **Suicide Prevention Hotline**

A free, 24-hour hotline available to anyone in suicidal crisis or emotional distress. Your call will be routed to the nearest crisis center to you. You can call for yourself or someone else.

Visit <http://www.suicidepreventionlifeline.org>

### **National Business Group**

The National Business Group on Health. is a non-profit organization devoted exclusively to representing employers' perspective on national health policy issues and providing practical solutions to the most important health care problems.

Visit <http://www.businessgrouphealth.org/>

### **American Psychiatric Association**

The Center for Workplace Mental Health advances effective employer approaches to mental health with educational materials and forums to explore mental health issues and share innovative solutions.

Visit [www.workplacementalhealth.org/Making-The-Business-Case](http://www.workplacementalhealth.org/Making-The-Business-Case)

### **Mental Health WORKS**

Mental Health Works helps organizations to manage their duty to accommodate employees experiencing mental disabilities such as depression or anxiety in the workplace

Visit <http://www.mentalhealthworks.ca/>

### **American Psychology Association Creating Psychologically Healthy Workplaces**

This website is for organizations of all types, large and small, for-profit and not-for-profit, looking to implement programs and policies that foster employee health and well-being while enhancing organizational performance. Visit

<http://www.phwa.org> or (202) 336-5900