



Licensed Psychotherapist & National Speaker
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Mental Health First Aid for Supervisors & Leadership: Resources

Mental Health First Aid: <https://www.mentalhealthfirstaid.org>

US Mental Health First Aid Mental Health Resources:
<https://www.mentalhealthfirstaid.org/mental-health-resources/>

The American Psychiatric Association Foundation Center for Workplace Mental Health's Right Direction Program: <http://www.workplacementalhealth.org/Employer-Resources/Right-Direction>

The Bridge Between Suicide and Life:
https://www.ted.com/talks/kevin_briggs_the_bridge_between_suicide_and_life

Reminder of Resources from Your CEO

Having a conversation: discussing mental health in the workplace-- Sarah's story:
https://www.youtube.com/watch?v=Vn9_gDGNnRE

Getting comfortable talking about mental health at work:
<https://www.bakersfield.com/kern-business-journal/get-comfortable-talking-about-mental-health-at-work/article%2062c6bf86-c035-5eef-8a99-58fa1cb19027.html>

Why Employers Need to Talk About Mental Illness in the Workplace:
<https://namipierce.org/why-employers-need-to-talk-about-mental-illness-in-the-workplace/>

