



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.workplacentalhealth.org/Employer-Resources/Right-Direction>

**The Bridge Between Suicide and Life:**  
[https://www.ted.com/talks/kevin\\_briggs\\_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](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/>

