



# Ways to Regeneration

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# Mental Health in the Workplace.



LEARN WHY BELONGING CAN MAKE THE DIFFERENCE IN EMPLOYEE RETENTION



**67% leaders cited** improvement in productivity when offering mental health support to their employees



**85% of C-level and HR leaders** believe mental health is not just about mental illness but is something every employee experiences



**79% of employees** are likely to stay at a company that provides high quality mental health resources.

# Helping Employees Build Mental Strength



Work/Life Balance



**Promote a work/life balance.**

Take regular vacations to unplug from the office. Don't answer email around the clock.



Discuss Mental Health



**Discuss mental health in the workplace.**

Educate managers about the signs of mental health problems and ways to respond.



Screening Tools



**Offer free screening tools.**

Recognize signs and symptoms.

*Mental Health American -*

<https://screening.mhanational.org/screening-tools/>



EAP Benefits



**EAP benefits.**

Offering an EAP benefit.

# Helping Employees Build Mental Strength



## **Wellness a priority.**

Exercise, healthy eating, leisure activities.  
Free gym memberships.



## **Provide in-service events.**

Self-care, stress management, and resilience.  
Hiring a therapist to provide half-day workshops



## **Support employees' efforts to get help.**

Support employees caring for their mind and body.



## **Reduce the stigma.**

Talking about stress management, self-care, and mental health in meetings and in email communications

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