



Mental Health & Wellbeing Toolkit

Resources for NFP clients and their employees

This **Mental Health & Wellbeing Toolkit** includes proprietary NFP resources as well as thoughtfully vetted external websites, apps, podcasts and assessments designed to support your employees' mental health and wellbeing.

This **toolkit** is crafted to provide your employees with a thorough array of resources and avenues to address mental health and enhance mental wellbeing.

Having access to the appropriate tools and information can greatly diminish the stigma associated with mental health and encourage employees to seek help. Additionally, we offer strategies for managing stress and regulating emotions, both of which are crucial for maintaining mental health and wellbeing.

Mental Health + Mental Wellbeing = Your journey to thriving by emphasizing your mental health to boost resilience, energy, connection and clarity.



Mental Health & Wellbeing



Mental Health

Mental Health is clinical in nature and is a crucial aspect of our overall wellbeing, encompassing our emotional, psychological, and social health. It affects how we think, feel, and act, and it plays a role in how we handle stress, relate to others, and make choices.

- Over 1 in 5 U.S. adults live with a mental illness (~23% of the U.S. adult population), ranging from mild to severe.
- In 2022, among the 59.3 million adults with any mental illness, only 30 million (50%) received mental health treatment in the past year ([NIMH](#)).
- Women with mental illness are more likely to receive treatment than men ([NIMH](#)).
- Almost 50% of young adults aged 18 to 25 years with any mental illness received treatment ([NIMH](#)).
- Childhood mental health conditions affect many children and families. In 2018-2019: 1 in 7 children ages 3 to 17 (13%) had a current, diagnosed mental or behavioral health condition ([CDC](#)).

Mental Wellbeing

Mental Wellbeing refers to the broader state of emotional wellbeing – building resiliency skills and habits to manage life's daily demands and complexities in a healthy, wise, and compassionate manner, leading to more full lives where one can thrive.

Mental wellbeing **is essential for everyone with a brain** – 100% of the population.

Key aspects of mental wellbeing:

- **Self-Acceptance:** Embracing who you are, including your strengths and weaknesses.
- **Resilience:** The ability to bounce back from adversity and cope with life's challenges.
- **Optimism:** Maintaining a positive outlook and hope for the future.
- **Healthy Relationships:** Building and maintaining supportive and fulfilling relationships.
- **Purpose and Meaning:** Having a sense of direction and purpose in life.
- **Self-Care:** Doing something to make you feel better such as exercise, finishing a project, participating in a hobby, etc.

Stress Management & Emotional Regulation



By combining stress management and emotional regulation, you can maintain a balanced and positive mental state. These practices not only help you cope with daily challenges but also improve your overall health and quality of life.

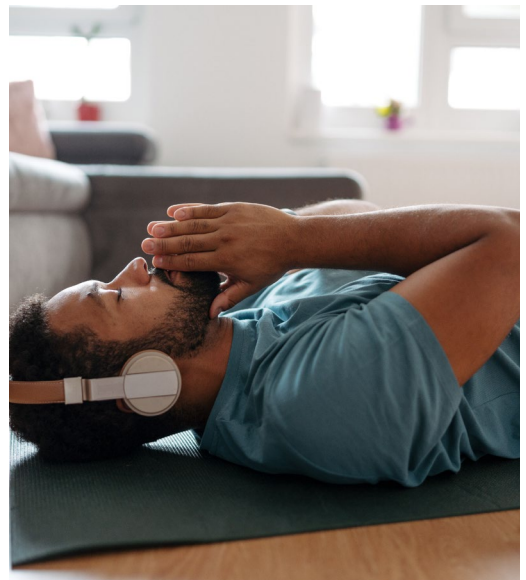
Tools for Stress Management

- Mindfulness and meditation
- Deep breathing and breathing exercises
- Exercise
- Sleep
- Time management
- Setting boundaries
- Eating a balanced diet
- Limiting screen time
- Listening to music



Tools for Emotional Regulation

- Identify and label emotions you are feeling
- Challenge negative thoughts
- Practice positive affirmations/gratitude.
- Express your feelings by journaling or talking with someone you trust
- Distract yourself — get distance from intense feelings so you can process them later



Website Resources



- Substance Abuse and Mental Health Administration (SAMHSA)
 - www.samhsa.gov or www.samhsa.gov/find-help
- American Foundation for Suicide Prevention (AFSP)
 - <https://afsp.org> (See the Looking for Help tab for specific guidance.)
- Centers for Disease Control and Prevention (CDC)
 - www.cdc.gov/mental-health or www.cdc.gov/suicide
- National Institute of Mental Health (NIMH)
 - www.nimh.nih.gov or www.nimh.nih.gov/health
- 988 Suicide & Crisis Lifeline
 - <https://988lifeline.org> or call 988 for immediate support
- Crisis Text Line
 - www.crisistextline.org or text HOME to 741741 for immediate support
- Veteran's Crisis Line – Chat, Call or Text
 - www.veteranscrisisline.net or dial 988, then press 1 or text 838255
- Mental Health America (MHA)
 - www.mhanational.org (See the Get Help tab for specific guidance.)
- National Alliance on Mental Illness (NAMI)
 - www.nami.org or www.nami.org/support-education/support-groups
- Mental Health First Aid
 - www.mentalhealthfirstaid.org/mental-health-resources or www.mentalhealthfirstaid.org



Mental Wellbeing Fitness and Training Centers

NFP has developed landing pages for you and your employees. These pages are regularly updated with our most recent training materials and resources.

- [Mental Well-Being Fitness Center](#) (for HR and leadership)
- [Wise & Well Training Center](#) (for your employees)
 - [Share this flyer](#) with employees to promote the center.

NFP Books

[Brain ON!](#), by Deb Smolensky, New York Times bestselling author and Vitality and Wellbeing Practice Leader at NFP

NFP Wise & Well Webinar

May Wise & Well Webinar: Bringing Joy to your World

Are you ready to add more joy and fulfillment to your life? Whether you're looking to enhance your personal happiness, feel more engaged at work or simply live a more joyful existence, this webinar will support you.

Join us May 13, 2025, at noon ET.

[Register Here](#)

Apps, Assessments & Podcasts



Podcasts

- [Huberman Lab, Mental Health Toolkit: Tools To Bolster Your Mood & Mental Health](#)
- [CLEANING UP YOUR MENTAL MESS With Dr. Caroline Leaf](#)
- [The Trauma Therapist](#)
- [The Happiness Lab with Dr. Laurie Santos](#)
- [The Brain Warrior's Way](#)
- [Guided Meditation](#)

Assessments

- [Support & Education | NAMI: National Alliance on Mental Illness](#)
- [Checkup from the Neck Up - Mental Health Test – Mental Health America \(mhanational.org\)](#)
- [Learn Your Character Strengths | VIA Institute](#)
- [Grit Scale - Passion & Perseverance](#)
- [Brain Health Assessment](#)
- [Enneagram Personality Test](#)

Mental Wellbeing Apps



[Calm](#)

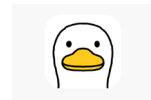


Wise@Work

[Wise@Work](#)



[Insight Timer](#)



[Quabble](#)



[Total Brain](#)

Mental Health Apps



headspace

[Headspace](#)



[Talk space](#)