

Mental Health & Wellbeing Toolkit

Resources for NFP clients and their employees



May 2025

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 moderate 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](#)).
- Females with mental illness are more likely to receive treatment than males ([NIMH](#)).
- Almost 50% of young adults aged 18-25 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](#)).



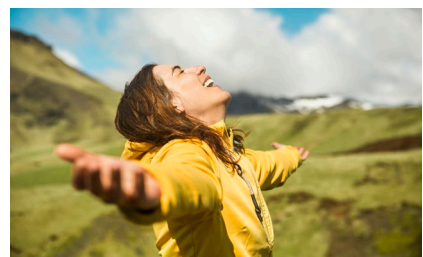
Mental Wellbeing

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

Combining stress management and emotional regulation significantly enhances your mental wellbeing. By effectively managing stress through techniques like mindfulness and exercise, and regulating emotions through self-awareness and healthy expression, 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.

Stress Management

Tips to help manage stress:

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



Emotional Regulation

Tips to help regulate emotions:

- Identify and label emotions you are feeling
- Challenge negative thoughts
- Practice positive affirmations
- Journaling
- Talk about your feelings with someone you trust
- Distract yourself
- Practice gratitude



Website Resources

Reference the following resources for reputable and updated information to support your employees.

- 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 “Get Help” tab for specific guidance)
- Centers for Disease Control and Prevention (CDC)
 - www.cdc.gov/mentalhealth 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



NFP Resources

Mental Wellbeing Fitness & Training Centers

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

- [Mental Well-Being Fitness Center](#) - For HR & Leadership
 - [Wise & Well Training Center](#) - For Your Employees
 - [Here is a flyer](#) that you can share with your employees to promote this resource 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.

May 13, 2025 at 12:00 p.m. 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](#)

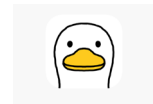


Wise@Work

[Wise@Work](#)



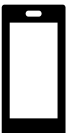
[Insight Timer](#)



[Quabble](#)



[Total Brain](#)



Mental Health Apps



headspace

[Headspace](#)



[Talk space](#)



Sample Employee Email

Example:

Dear employee,

The overall health and wellbeing of our employees is of utmost importance. In recognition of Mental Health Awareness Month, it is our priority to provide you with valuable information and resources to support the mental health and wellbeing of each of you and your loved ones.

Insert resources from this guide

Sincerely,
HR Leader



Client-Specific Benefits and Resources

Insert client specific benefits and resources related to this topic in bullet format (ex: EAP, carrier behavioral health resources, mental wellbeing solution) as appropriate to Mental Health or Mental Wellbeing. Include links when possible.

(insert additional pages as needed).

