

# Mental Health & Well-Being Toolkit

Resources for our NFP clients and their employees.



May 2024

This **Mental Health & Well-Being Toolkit** includes proprietary NFP resources as well as thoughtfully vetted external website resources, apps, podcasts, and assessments designed to support you and your employees' mental health and well-being.

While the terms are often used interchangeably, mental *health* and mental *well-being* are defined differently.

- **Mental Health** is the *clinical care* aspect – where licensed clinicians diagnose and treat behavioral health illness and conditions or significant traumas or life events.
  - 1 in 5 U.S. adults experience mental illness each year<sup>1</sup> such as anxiety, mood disorders, post-traumatic stress disorder (PTSD), substance use disorder (SUD), obsessive compulsive disorder (OCD), etc.
  - Support may look like: Clinical Therapy, Employee Assistance Program (EAP), Carrier Behavioral Health Programs, Teletherapy, Mental Health Trainings with Onsite Champions, Grief Support & Resources, Rx
- **Mental Well-Being** refers to the broader state of emotional well-being – 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 well-being is important for *everyone with a brain* – 100% of the population.
  - Support may look like: Stress Management, Mindfulness, Compassion, Empathy, Emotional Intelligence (EQ), Growth Mindset, Resiliency, Working with Difficult Emotions

## Mental Health + Mental Well-Being = Mental Thriving

**Mental Thriving** allows us to regulate our systems for joy, energy, focus, calm, clarity, resilience and connectedness.

<sup>1</sup>NAMI. Mental Health by the Numbers. [www.nami.org](http://www.nami.org)



# NFP Resources

## Mental Well-Being 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 NFP clients – HR & Leadership  
[Wise & Well Training Center](#) - For NFP clients' employees. [Here is a flyer](#) that you can share with your employees.

## Newsletter, Tips & Infographic

May's *Mental Health Awareness Month* Wise & Well [Newsletter](#), [Tips](#) and [Infographic](#)

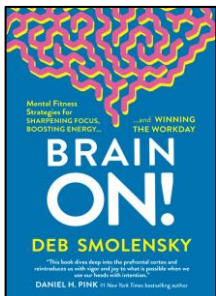
## NFP Wellness Toolkit – Mental Health

[This Wellness Toolkit](#) serves as an introduction to mental health and provides several ways that employers can promote a stigma-free environment and support their employees' mental health.

*It is not intended as legal or medical advice and should only be used for informational purposes.*

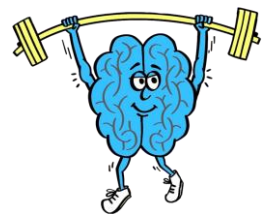
## Brain ON! Book

Are you ready to rewire your mind to be more energized, alert, and resilient each workday? [Brain ON!](#)\*, by Deb Smolensky, New York Times bestselling author and Well-Being and Engagement Practice Leader at NFP, details mental fitness strategies to help us navigate our dynamic and uncertain world and help us work smarter so we can enhance our workdays.



*“This book dives deep into the prefrontal cortex and reintroduces us with vigor and joy to what is possible when we use our heads with intention.”*

- DANIEL H. PINK, #1 *New York Times* bestselling author



# Website Resources

**Review the following resources as you search for reputable and updated information to support your employees.**

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

# Apps, Assessments & Podcasts

## Mental Well-Being Apps



<https://howwefeel.org/>



<https://wiseatwork.com/>



INSIGHT  
TIMER

<https://insighttimer.com/>

healthyminds  
innovations®

<https://hminnovations.org/>



<https://www.calm.com/>



<https://www.totalbrain.com/>

## Mental Health Apps



<https://www.headspace.com/>



[www.talkspace.com](http://www.talkspace.com)

## Assessments

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

## Podcasts

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

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\* In-app purchases may apply for some apps