

Resources to Support Employees' Well-Being

Reputable, Authoritative Organizations Providing Online Informational Materials

The National Institute on Alcohol Abuse and Alcoholism (“NIAAA”) is one of the 27 institutes and centers that comprise the National Institutes of Health (NIH), which supports and conducts research on the impact of alcohol use on human health and well-being. It is the largest funder of alcohol research in the world.

- “*Treatment for Alcohol Problems: Finding and Getting Help*,” a guide for individuals, their family and friends, who are looking for options to address alcohol problems, identify available treatment choices and what to consider when selecting among them.
pubs.niaaa.nih.gov/publications/Treatment/treatment.pdf
- Link to additional brochures and fact sheets niaaa.nih.gov/publications/brochures-and-fact-sheets

American Society of Addiction Medicine (“ASAM”) is a professional medical society representing over 5,500 physicians, clinicians and associated professionals in the field of addiction medicine. ASAM is dedicated to increasing access and improving the quality of addiction treatment, educating physicians and the public, supporting research and prevention, and promoting the appropriate role of physicians in the care of patients with addiction. ASAM criteria is the most widely used and comprehensive set of guidelines for placement, continued stay and transfer/discharge of patients with addiction and co-occurring conditions. asam.org/

National Alliance on Mental Illness is the largest U.S. grassroots organization dedicated to helping the millions of Americans affected by mental illness; an association of hundreds of local affiliates, state organizations and community volunteers working to raise awareness, provide support and educate those in need.

- A library of Infographics and Fact Sheets nami.org/Learn-More/Fact-Sheet-Library
- Classes offered nami.org/Find-Support/NAMI-Programs

Mental Health First Aid Website is managed by the National Council for Behavioral Health, the page lists various entities providing information on issues and finding help; information on finding a provider and instructor training; and has links to resources for mental health, depression and suicide, substance use disorders, help lines and support groups. mentalhealthfirstaid.org/mental-health-resources/

Center for Workplace Mental Health is formerly known as the Partnership for Workplace Mental Health, provides employers tools, resources and information needed to promote and support the mental health of employees and their families. Resources include depression, mental health and substance use disorder calculators, replicable workplace programs to address depression and fight stigma and a working well toolkit. workplacementalhealth.org/Making-The-Business-Case



American Psychological Association (“APA”) is the professional association representing the field of psychology offers a *Psychology Help Center* that includes “Find a Psychologist,” “Order Free Brochures” and “Request a Speaker.” apa.org/helpcenter/index.aspx

- Brochures by Topic include downloadable Fact Sheets on addictions, anxiety, depression, workplace issues, and other issues.
apa.org/pubs/info/browse.aspx?query=classification%3aAnxiety&type=brochure&sort=DateDesc

The Kennedy Forum was founded by Patrick J. Kennedy in 2013, and is focused on advancing the current ideas, policies, and programming in behavioral health known to be effective, while shining a light on the solutions of the future. We seek to provide leadership toward a common vision: improving the lives of individuals living with mental illness and addiction, and promoting behavioral health for all. thekennedyforum.org/about/

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Digital Tools to Help People Engage in Their Mental Wellness and Find Support

Lyra uses technology and data to connect companies and their employees to mental health providers, therapy, coaching, and self-help programs. lyrahealth.com/

Joyable offers digital therapy that gives members access to solutions for depression, anxiety, or stress. joyable.com/

Woebot has been shown to reduce symptoms associated with anxiety and depression in just two weeks and escalates members to request additional support from human intervention when needed. [woebot.io/using core AI technology and based on CBT, the employer-sponsored program](https://woebot.io/using-core-AI-technology-and-based-on-CBT-the-employer-sponsored-program)

Larkr is an advanced tele-psychology platform with curated network of professional therapists who address addiction, anxiety, mood disorders, relationship issues, LGBT, PTSD, depression and many more. larkr.com/

Betterhelp offers access to licensed, trained, experienced, and accredited psychologists, marriage and family therapists, clinical social workers, and board licensed professional counselors. betterhelp.com/

Happify provides evidence-based programs and digital tools for employers, health care payers and others to help fight stress, anxiety and depressive symptoms; build greater resilience; and achieve greater health and productivity for themselves and their populations. happify.com/

Total Brain is a digital brain health program that helps employees confidentially monitor, screen and train brain performance. totalbrain.com/

X2 is a psychological artificial intelligence mental health chatbot who delivers emotional wellness coping strategies. x2ai.com/

Headspace is a digital program teaching how to meditate and live mindfully offering themed sessions on issues from stress and sleep to focus and anxiety; bite-sized guided meditations for busy schedules; and SOS exercises in case of sudden meltdowns. headspace.com/

Calm is a meditation and sleep app offering daily mindful messages; guided meditations covering anxiety, focus, stress, sleep, relationships and more; a library of Sleep Stories; music tracks for focus and relaxation; and other body calming programs. calm.com/

Sleepio is an automated behavioral programs, based on CBT, that assess and improve individuals' sleep habits as a means to address their mental health. sleepio.com/

eQuoo is a digital emotional fitness game teaching psychological skills based on current psychological research using psycho-education, gamification and AI. equoogame.com/

National Government Resources

Substance Abuse and Mental Health Services Administration (“SAMHSA”), US Dept. of Health and Human Services” provides a National Helpline that is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders. samhsa.gov/find-help/national-helpline

Centers for Disease Control and Prevention (“CDC”): provides a listing of mental health resources, including a Mental Health Workgroup page with resources, several papers and issue briefs, brochures, and factsheets. cdc.gov/workplacehealthpromotion/tools-resources/workplace-health/depression.html

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Local/Regional Resources for State of Massachusetts

The Commonwealth of Massachusetts Website: provides information on services, assistance and counseling for mental health and substance misuse. The Department of Mental Health (DMH) resources include service information for:

- Adults (19+): [mass.gov/departments-of-mental-health-adult-services-ages-19](https://www.mass.gov/departments-of-mental-health-adult-services-ages-19)
- Children, Youth and Family Services (under 19): [mass.gov/departments-of-mental-health-child-youth-and-family-services-under-19](https://www.mass.gov/departments-of-mental-health-child-youth-and-family-services-under-19)

Massachusetts Behavioral Health Access (“MABHA”) manages a website that contains a search tool to help providers and members locate openings in mental health and substance use disorder services in a specific community. mabhaccess.com/

Learn to Cope is a non-profit support network offering education, resources, peer support and hope for parents and family members coping with a loved one addicted to opiates or other drugs. learn2cope.org/

Allies in Recovery is an online learning platform for families whose loved one struggles with drugs or alcohol. alliesinrecovery.net/

Specialty Organizations

Labor Assistance Professionals is a national labor organization established in 1990 to promote the development of peer-based Member Assistance Programs (MAPs) within the labor movement. laborassistanceprofessionals.com/index.cfm

American Foundation for Suicide Prevention is a **National** organization with local chapters focusing on suicide prevention—educational materials tailored for age (teens, college age, and adult) and sponsored regionally. afsp.org/

Recovery.org provides a directory of local treatment centers and other resources. recovery.org

End the Stigma of Mental Illness Resources

BringChange2Mind.org is a not-for-profit organization created by Glenn Close, the Child and Adolescent Bipolar Foundation (CABF), Fountain House, and Garen and Shari Staglin of **IMHRO** (International Mental Health Research Organization). It provides resources including How-To videos. bringchange2mind.org/

The **StigmaFree** campaign is the National Alliance on Mental Illness (**NAMI**)’s effort to end stigma and create hope for those affected by mental illness. It provides blueprints for creating campaigns for Companies, Campuses, and individuals, including the stigma free pledge. nami.org/stigmfree

Toolkits, conversation tips, educational material, stories and podcasts about reducing the stigma of mental illness. makeitok.org/