



92% of employees say it is **important that workplaces value emotional and psychological well-being** (APA, 2023).

➔ **NAMI-NYC's Workplace Mental Health Collaborative**

connects and supports organizations committed to promoting employee wellbeing and mental health.

We have been so successful the past two years, we're expanding! Join organizations leading the way by:

- **Prioritizing good mental health** by learning about best organizational policies and practices and sharing real-world experiences through Steering Committee meetings.
- **Educating and increasing resilience skills for employees** through NAMI-NYC's evidence-based and externally-validated training curriculum, Beyond Burnout.
- **Reducing stigma towards mental health challenges** by publicly acknowledging and supporting the importance of mental health in workplaces and greater communities.

"A healthy workforce is the foundation for thriving organizations and healthier communities."

- U.S. Surgeon General,  
Dr. Vivek Murthy

➔ **We support you to facilitate change at both the organizational and individual levels:**



**Meetings for Steering Committee**

- You assign one to three representatives to join monthly virtual one-hour meetings. Representatives are from HR, Ben., DEI, L&D, and ERGs.
- Content and discussion is based on U.S. Surgeon General's Framework for Workplace Mental Health and Well-Being.
- Access research, tools and resources to inform best practices.
- Implement specific, tactical workplace recommendations.
- Network, share your story, and learn how organizations approach issues.



**Trainings for all employees**

- Your employees can access five evidence-based, one-hour virtual trainings.
- Focus areas include workplace mental health, resilience, managing stressors, coping, positive psychology, and burnout. Trainings teach employees to integrate workplace skills in a strengths-based approach.
- NYU Silver School of Social Work's external evaluation found significant increase in knowledge and attitudes of resilience and workplace mental health, use of coping strategies, and experiences of positive emotions.

"NAMI-NYC is a rewarding and successful way to engage with others and share best practices."

- Large financial services provider

Connect with like-minded employers to elevate the importance of these issues as leaders in the field while using research to inform on-the-ground implementation.

**Join us to continue this important work!**

## → Frequently Asked Questions

### **Why does mental health matter in the workplace?**

The recently released U.S. Surgeon General's Framework for Mental Health and Well-Being in the Workplace elevated the importance from a nice-to-have to a national imperative. Many employees and their families are struggling. Employees, now more than ever, want and expect their employer to support their mental health:

- 92% said it is important to work for an organization that provides support for mental health.
- 65% said mental health worsened or stayed the same over the past year.
- One in six U.S. employees is a caregiver for a relative or friend, which can greatly increase experiences of stress and anxiety and negatively impact workplace performance.
- The good news is that prioritizing workplace mental health improves both the lives of your individual employees but also your organizational health. Employers see a \$4 return for every dollar invested in employee mental health support and treatment.

### **What did the Collaborative achieve in 2022 and 2023?**

- Nine employers collaborated to learn, share, and implement mental health best practices.
- Trained thousands of employees across organizations on workplace mental health topics such as stigma, loneliness, diverse identities, substance use challenges, caregiver mental health, always-on culture, and mental health across generations.
- Developed and implemented From Day One, an innovative, first of its kind workplace mental health module for incorporating mental health messaging into onboarding.
- Implemented a survey to identify trends, priorities, and best practices in workplace mental health to drive the work of the Collaborative moving forward.
- Prioritized suicide prevention through social media toolkit launch and employee training.
- Check out our [2023](#) and [2022](#) press releases.

### **When does the Collaborative start?**

We require organizations to join by the end of 2023 so we can have our kick-off Steering Committee meeting virtually in mid-January 2024! Steering Committee meetings will continue monthly throughout 2024. The first employee training is in February 2024. The remaining four employee trainings are in March-June 2024. Dates will be set based on everyone's availability.

### **Does my organization need to operate in NYC to join?**

No. Several of our partners operate across the United States, North America, and globally!

### **How much does the Collaborative cost?**

We offer tiered pricing depending on the size of your organization. The cost is a tax deductible philanthropic donation to NAMI-NYC. Your organization's donation supports NAMI-NYC's mission to help families and individuals affected by mental illness build better lives through education, support, and advocacy. Please contact us to discuss further.

### **How do I join?**

We are excited to have you! Please reach out to Alayna Auerbach at [aauerbach@naminyc.org](mailto:aauerbach@naminyc.org).

### **How do I learn more about NAMI-NYC?**

Check out our website at [www.naminyc.org](http://www.naminyc.org)!