



STIGMA-FREE WORKPLACE CHECKLIST

CHECK ALL THAT ARE TRUE WITHIN YOUR WORKPLACE

Review the checked boxes with your leadership team to discuss a comprehensive risk reduction & mental health safety plan for this year.

ORGANIZATIONAL CULTURE

- We have not assessed the level of collective trauma in our population.
- Our return to work plan does not include protocols/policies to protect the psychological safety of employees.
- Our wellness programs do not emphasize mental health & physical health equally.
- Our workplace doesn't participate in local or world awareness efforts like Mental Health Month or World Suicide Prevention Week.

SAFETY & PREPAREDNESS

- We do not have Crisis Response Protocols (CRP) for how to handle an employee crises that I am aware of.
- Our managers are not trained to identify or support an employee who is in a mental health or suicidal crisis.
- Staff has not been trained in safe & effective messaging regarding mental health & suicide prevention.

ESSENTIAL SUPPORT

- Resources outside of our EAP/internal programs such as MHA or the crisis text line are not promoted in our workplace.
- Leadership is unaware of the business & legal case for early detection & treatment of mental health conditions.
- Mental health benefits are not a part of our benefit offerings.
- Our workplace does not provide grief support or accommodations for people who are bereaved by suicide.

___/11 TOTAL OPPORTUNITY AREAS TO ADDRESS IN OUR WORKPLACE

For best practice strategies & support for your workplace, visit: StigmaFreeWorkplace.com