

Mental Health Resources

The world has changed. The pandemic and recent national and global events have amplified the already critical mental health crisis. The impact it has on employees and, ultimately, your business, it cannot be ignored. There is an abundance of resources available, but the challenge is knowing where to start and narrowing them down. As your strategic partner, strategic HR inc. has compiled a list of resources in recognition of World Mental Health Day.

About [World Mental Health Day](#)...

Observed annually on October 10, World Mental Health Day raises awareness of mental health issues around the world. By recognizing the challenges that millions of people face each day, this WHO Campaign focuses on energizing and mobilizing efforts in support of mental health, while working to remove the stigma around it.

Mental Health Benefits & Assistance

[How to Find Free Mental Health Assistance](#)

[Mental Health Therapy Apps](#)

[Mental Health Related Websites – Humana](#)

[Take a Deep Breath Meditations – Calm](#)

Free Webinars

[National Alliance on Mental Illness Video Resource Library](#)

[Managing Coronavirus Anxiety Tips & Strategies for Families](#)

[How to Take Care of Yourself So You Can Take Care of Your Child](#)

[Emotional Well-Being During COVID-19 for Health Care Providers](#)

Podcasts for Mental Health

[What Does it Mean to Be “Resilient”?](#)

[The Importance of Mental Health](#)

[Focusing on Your Mental Health
\(Interview with Lindner Center of Hope\)](#)

Employer Resources

[American Psychiatric Association
Foundation](#)

[Give Employees Mental Health Tools to
Thrive – Mercer](#)

COVID-19's & Mental Health

[How to Support Employee's Mental
Health During COVID-19](#)

[7 Steps to Reduce Pandemic Fatigue](#)

[COVID-19 & Your Mental Health](#)

[How to Help Someone With Anxiety or
Depression During COVID-19](#)

Find Support Groups for Mental Health

[Anxiety & Depression Association of America Online Support Group](#)

[Anxiety & Depression Association of America Resources](#)

[Mental Health America – Find Support Groups](#)

[Psychology Today – Find a Support Group](#)