

# Is Your Workplace Mentally Healthy?



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## A QUIZ FOR EMPLOYERS

	Yes	No
1. Are your employees aware of mental illnesses and their symptoms? Some ways to do this include employee newsletters, posting Make it Ok posters on the bulletin boards, or including NAMI informational sheets in breakrooms.	<input type="checkbox"/>	<input type="checkbox"/>
2. Do you ensure that your health insurance includes a wide array of mental health benefits including depression screening, mental health crisis services and more?	<input type="checkbox"/>	<input type="checkbox"/>
3. Do you provide resources to help employees address life problems, for example, grief counseling, alcohol abuse programs, Employee Assistance Programs (EAPs) and referrals for mental health services?	<input type="checkbox"/>	<input type="checkbox"/>
4. Are your employees aware of what is available through your EAP or health insurance and of potential accommodations?	<input type="checkbox"/>	<input type="checkbox"/>
5. Do you have ADA (Americans with Disabilities Act) and FMLA (Family and Medical Leave Act) information prominently posted?	<input type="checkbox"/>	<input type="checkbox"/>
6. Have you ever surveyed your employees regarding their comfort in raising the issue of mental illness with their supervisor or HR department?	<input type="checkbox"/>	<input type="checkbox"/>
7. Have you educated your managers or supervisors about accommodations for people with mental illnesses?	<input type="checkbox"/>	<input type="checkbox"/>
8. Do you make efforts to help employees develop a healthy lifestyle, such as stress management, nutrition and smoking cessation programs?	<input type="checkbox"/>	<input type="checkbox"/>



NAMI Minnesota (National Alliance on Mental Illness) is a non-profit organization dedicated to improving the lives of children and adults with mental illnesses and their families. NAMI Minnesota offers education, support and advocacy.

