CDC's new Workplace Health Resource Center provides mental health-related strategies to help businesses improve employee's productivity.
The findings and conclusions in this presentation are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention (CDC).
Agenda

- Stress and mental health in the workplace
- CDC Workplace Health Resource Center (WHRC)
- Upcoming mental health events
Stress and mental health in the workplace
Stress and mental health in the workplace

Are You Too Stressed to Be Productive? Or Not Stressed Enough?

How to recognize burnout before you’re burned out

Steps to Take When You’re Starting to Feel Burned Out
Stress and mental health in the workplace

- Common job stressors
  - Low salaries
  - Excessive Workloads
  - Few opportunities for growth or advancement
  - Conflicting demands or unclear performance expectations
  - Lack of social support
Stress and mental health in the workplace

- **Stress can impact employee productivity**
  - One-third of U. S. Workers report high levels of stress in work
  - Chronic job stressors can accelerate the on-set of heart disease
  - Chronic stress can contribute to mental illness such as anxiety and depression
Stress and mental health in the workplace

- 1 in 5 Americans will experience a mental illness in a given year
  - Common workplace mental illness: anxiety and depression
  - Depression ranks top three workplace problems for EAP
  - Depression can be very costly, approximately $210 billion per year
  - More than 80% of people with depression can be treated
Workplace Health Resource Center
• First stop online to help employers launch or expand a workplace health promotion program
• Evidence-based, credible resources all in one location
• Helps employers tailor workplace health promotion goals to their organization’s needs

WWW.CDC.GOV/WHRC
CDC’s Workplace Health Model

- Assessment
- Planning & management
- Implementation
- Evaluation
WHRC Users

• Employers:
  • Human resources or benefits managers
  • Wellness champions
• Brokers or health care benefits consultants
• State public health departments
• Business health coalitions
WHRC Tools

- 500+ resources and growing

- Case studies
- Emerging issues (e.g., stress)
- Workplace health strategies for small businesses
- Evidence-based summaries and issue briefs
- Library of webinars and videos
Please rate:  
Find one of the resources very helpful? Share your thoughts using the 5-star rating system.

WHRC Stress and Mental Health Resources

Sleep: An Important Health and Safety Concern at Work

workplace health programs. This brief introduces strategies employers can adopt to encourage employees to evaluate and address their sleep hygiene, including the practices and habits necessary to achieve the recommended sleep quantity and quality and full alertness at home and work (when appropriate).

Helping Employees Get the Sleep They Need: A Goal for All Industries

Employers’ work and home life can influence the amount and quality of sleep they get. As a result, getting enough sleep can be a problem for anyone, no matter the job. People who work in industries that require shift work or spend long hours on the job are at a higher risk for sleep-related disorders and report getting the least amount of sleep. Their lack of sleep may also put others at risk, especially when their responsibilities involve patient care or transportation. By addressing sleep as part of a workplace health program, companies can increase safety and make employees healthier and safer at home.
WHRC Stress and Mental Health Resources

Assessment Checklist

<table>
<thead>
<tr>
<th>#</th>
<th>Wellness Component</th>
<th>Yes</th>
<th>In Process</th>
<th>No</th>
<th>Potential Priority</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>52</td>
<td>Does the worksite provide flexible scheduling to attend or participate in mental health activities offered at work or to allow for medical appointments related to mental health?</td>
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<tr>
<td>53</td>
<td>Does the worksite train supervisors to understand mental health issues and better assist employees?</td>
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<tr>
<td>54</td>
<td>Does the worksite insurance coverage include mental health as part of the employee benefits?</td>
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<tr>
<td>55</td>
<td>Does the worksite provide or contract for an Employee Assistance Program?</td>
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</tbody>
</table>

MENTAL HEALTH / STRESS MANAGEMENT

Stress in the Workplace
Managing Job and Workplace Stress

Mental Health America

Depression In The Workplace

Clinical depression has become one of America’s most costly diseases. Left untreated, depression is as costly as heart disease or AIDS to the US economy, costing over $71 billion in absenteeism from work and lost productivity and $20 billion in direct treatment costs. Depression tends to affect people in their prime working years and may last a lifetime if untreated. More than 60 percent of people with clinical depression can be successfully treated. With early recognition, intervention, and support, most employees can overcome clinical depression and pick up where they left off.
Upcoming mental health events
Upcoming Mental Health events

• **Mental Health Webinar**  (May 24)

• **Expert Interviews**
  - Depression in the workplace
  - Substance Abuse in the workplace

Email **workplacehealth@cdc.gov** for more information
Take Care of Your Mental Health
Thank you