

## RESOURCES

### ARTICLES

- American Psychological Association. (n.d.). *Creating a psychologically healthy workplace*. Center for Organizational Excellence. <https://www.apaexcellence.org/resources/creatingahealthyworkplace>
- Harvey, B. (2018, December 18). What companies can do to help employees address mental health issues. *Harvard Business Review*. <https://hbr.org/2018/12/what-companies-can-do-to-help-employees-address-mental-health-issues>
- Kohll, A. (2018, November 27). How to create a workplace that supports mental health. *Forbes*. <https://www.forbes.com/sites/alankohll/2018/11/27/how-to-create-a-workplace-that-supports-mental-health/#22401584dda7>
- Sime, C. (2019, November 17). The cost of ignoring mental health in the workplace., *Forbes*. <https://www.forbes.com/sites/carleysime/2019/04/17/the-cost-of-ignoring-mental-health-in-the-workplace/#bd3d7383726a>

### BOOKS

- Burke, R. J., & Cooper, C. L. (2016). *The fulfilling workplace: The organization's role in achieving individual and organizational health*. Routledge.
- Golding, E., & Diaz, P. (2020). *Mental wealth: A manager's guide to workplace mental health and wellbeing*. Routledge.

### WEBSITES

- American Psychiatric Association: <https://www.psychiatry.org>
- American Psychological Association: <https://www.apa.org>
- Center for Workplace Mental Health: <http://workplacementalhealth.org>
- Centers for Disease Control and Prevention: <https://www.cdc.gov/workplacehealthpromotion/tools-resources/workplace-health/mental-health>
- Employee Assistance Professionals Organization: <https://www.eapassn.org>
- Help Yourself Help Others: <https://helpyourselfhelpothers.org>
- Mental Health America: [www.mentalhealthamerica.net](http://www.mentalhealthamerica.net)
- National Institute of Mental Health: <https://www.nimh.nih.gov/index.shtml>
- Substance Abuse and Mental Health Administration (SAMHSA): <https://www.samhsa.gov>
- Workplace Strategies for Mental Health: [www.workplacestrategiesformentalhealth.com](http://www.workplacestrategiesformentalhealth.com)

### PODCASTS

Luna, K. (Host). (2019, March). The psychologically healthy workplace (No.77) [Audio podcast episode]. In *Speaking of Psychology*. American Psychological Association.

<https://www.apa.org/research/action/speaking-of-psychology/psychologically-healthy-workplace>

Gruttadaro, D. (Host), & Muskin, P. (Guest Expert). (2019, September 25). Depression 9 to 5 (No. 1) and Gruttadaro, D. (Host). (2019, October 8). How employers can be supportive (No. 2) [Audio podcast episodes]. Both in *Mental Health Works Podcast*. Center for Workplace Mental Health.

<http://workplacemantalhealth.org/Employer-Resources/Mental-Health-Works-Podcast>

### VIDEOS

Edmondson, A. (2014, May 4). *Building a psychologically safe workplace* [Video].

<https://www.youtube.com/watch?v=LhoLuui9gX8>

Dupont's Employee Assistance/ICU Program (2014). *Woman wearing a business suit* [Video] and *Man wearing a hardhat* [Video]. Center for Workplace Mental Health.

<http://workplacemantalhealth.org/Employer-Resources/ICU>