

MENTAL HEALTH IN YOUR WORKPLACE SCORECARD



A study from the Mental Health in the Workplace Summit found that mental illness is the leading cause of disability for US adults ages 15-44 and that more workdays are lost to mental health-related absenteeism than any other injury or illness. That's why it's so important that your organization creates a culture that supports employee's mental health. Use this scorecard to evaluate how supportive of mental health your organization is.

INSTRUCTIONS

Begin by answering the questions below. Each response will be given a numerical value depending on the answer. After completing the questions, total your score using the scale below, and assess your score with the categories at the bottom of the page.

YES: 0 points **NO:** 2 points **UNSURE:** 2 points

QUESTION	YES	NO	UNSURE	SCORE
1. Does your organization offer benefits that include coverage for mental health services?				
2. Does your organization have standardized procedure for addressing mental health concerns?				
3. Are your managers trained in recognizing the signs and symptoms of mental health issues?				
4. Does your organization provide resources for employees to learn about mental health?				
5. Does your organization encourage employees to speak up if they're struggling?				
6. Do you offer an employee assistance group?				
7. Does your organization promote the importance of mental health?				
8. Do you offer general workplace stress mitigation tips?				
9. Do you regularly check in with employees about the mental health resources you provide?				
10. Do you regularly communicate the mental health initiatives you provide to employees?				
TOTAL SCORE	—	—	—	

(0-6) Low Risk

(7-13) Moderate Risk

(14-20) High Risk

For information on how you can enhance your employee health plans and benefits to include mental health support, contact your SET SEG Account Executive.