

# Registration Form

## Mail or fax this form to:

Screening for Mental Health  
1 Washington Street, Suite 304  
Wellesley, MA 02481  
Fax: 781-431-7447 Phone: 781-239-0071  
Email: Sherman@MentalHealthScreening.org

- YES! I would like more information on the free services offered by the Massachusetts Workplace Mental Health Initiative

### Check off the services you are interested in:

- Customizable, anonymous online mental health screening
- Training about the cost of mental health issues and suicide in the workplace
- Presence at exhibition health fairs to raise awareness about mental health needs and the services offered
- Consultation for devising a mental health strategy for your workplace

### Organizations Contact Information

Organization Name: \_\_\_\_\_

Contact Name: \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

## Who needs your help the most?



## Start reaching out to your employees about their mental health today!

Learn more about FREE workplace mental health programs through the Massachusetts Workplace Mental Health Initiative



## Mental Health in the Workplace

- Learn how untreated depression is affecting your company's bottom line
- Find out how to boost your existing wellness programs (e.g., weight loss, smoking cessation) by addressing mental health
- Receive a FREE customizable mental health screening program to add to your website
- Get free consultation for how your company can best help employees with mental health issues

## What We Offer Free To Companies in Massachusetts

- Anonymous, online screening through a unique URL that gives your employees the opportunity to screen themselves for common mental health disorders through your company's website and receive immediate results.
  - Screenings included: depression, bipolar disorder, generalized anxiety disorder, PTSD and alcohol use disorders
  - The screening is customizable to reflect your company's welcome message, referral information (including your EAP/HR services and local community resources) and design—so employees know that it is their employer that cares enough to make this service available
- Training, conducted at your organization, about the financial and human cost of suicide and mental health issues in the workplace.
- Coping with Stress (and Depression) Training, a 60-75 minute workshop or webinar for employees on understanding depression and anxiety, and how to deal with everyday stress and what to do when it is more than stress.
- A program representative will exhibit or present at your employee health fairs to raise awareness about mental health and the services offered.
- Consultation to help your human resources team devise the best strategy to support the mental health needs of your workforce.

## Why Should I participate – How Does Depression Affect My Company?

- Depression is the number one cause of disability in U.S., and it ranks among the top three workplace problems addressed by employee assistance programs.
- Depression tends to affect people in their prime working years and may last a lifetime if untreated.
- More often than not, a depressed employee will not seek treatment because they fear the affect it will have on their job and they are concerned about confidentiality\*.

\* "Sustaining Productivity: Addressing the economic burden of workplace depression," A Special Supplement to Advancing Suicide Prevention, 2007.

## About Us

The Massachusetts Workplace Mental Health Initiative is a workplace collaboration, funded by the Massachusetts Department of Public Health (MDPH), formed in 2007 in response to the growing financial and emotional toll that untreated mental illness has on Massachusetts businesses, families and communities. Our mission is to promote positive mental health and prevent suicide among working adults ages 25 to 64. As suicide rates rise among this age group, the Initiative addresses the needs of this population by providing free services to Massachusetts-based companies. Our goal is to work with employers to promote education about common mental health disorders, encourage early treatment and help reduce the stigma surrounding mental illness.

## How Can My Organization Participate?

To receive information on any of these services, please contact Sara Herman of Screening for Mental Health Inc. at 781-591-5233 or [SHerman@MentalHealthScreening.org](mailto:SHerman@MentalHealthScreening.org)

## How we do it?

The Massachusetts Workplace Mental Health Initiative is a collaborative effort of four organizations: Screening for Mental Health®, Families for Depression Awareness, CMG Associates and the Massachusetts Department of Public Health (MDPH) and is able to offer these programs free of charge to Massachusetts based organizations and companies through a grant from MDPH.



**Take a Sample Online Screening:**

**[www.MentalHealthScreening.org/Screening/Workplace](http://www.MentalHealthScreening.org/Screening/Workplace)**