# **Mental Health in the Workplace Handout**

[Surgeon General Framework](https://www.hhs.gov/surgeongeneral/priorities/workplace-well-being/index.html)

[SAMHSA](https://store.samhsa.gov/product/creating-healthier-life-step-step-guide-wellness/sma16-4958)

## **MedlinePlus:**

[Mental Health](https://medlineplus.gov/mentalhealth.html)

[How to Improve Mental Health](https://medlineplus.gov/howtoimprovementalhealth.html)

[Environmental Health](https://medlineplus.gov/environmentalhealth.html)

[Fitness and Exercise](https://medlineplus.gov/exerciseandphysicalfitness.html)

[Food and Nutrition](https://medlineplus.gov/foodandnutrition.html)

[Personal Health Issues](https://medlineplus.gov/personalhealthissues.html)

[Recipes](https://medlineplus.gov/recipes/)

[Social and Family Issues](https://medlineplus.gov/socialfamilyissues.html)

[Wellness and Lifestyle](https://medlineplus.gov/wellnessandlifestyle.html)

## **Other mental health resources:**

[**Caring for your Mental Health – National Institute on Mental Health**](https://www.nimh.nih.gov/health/topics/caring-for-your-mental-health/)

Mental health includes emotional, psychological, and social well-being. It affects how we think, feel, act, make choices, and relate to others. Mental health is more than the absence of a mental illness—it’s essential to your overall health and quality of life. Self-care can play a role in maintaining your mental health and help support your treatment and recovery if you have a mental illness.

[**National Institutes of Health (NIH) Emotional Wellness Toolkit**](https://www.nih.gov/health-information/emotional-wellness-toolkit): This NIH toolkit provides six strategies for improving your emotional health.

[**National Institutes of Health (NIH) Social Wellness Toolkit**](https://www.nih.gov/health-information/social-wellness-toolkit): This NIH toolkit provides six strategies for improving your social health.