

Talking about Mental Health In the Workplace -
[Presentation](#)

Articles cited in presentation:

[It's a New Era for Mental Health at Work](#) Kelly Greenwood and Julia Anas - Harvard Business Review - October 4, 2020

[Talking About Mental Health with Your Employees - Without Overstepping](#) by Deborah Grayson Riegel - Harvard Business Review - November

<https://www.mindfulschools.org/inspiration/educators-you-have-permission-to-take-care-of-yourself-right-now/>

<https://ggie.berkeley.edu/my-well-being/> - Greater Good In Education - Adult Wellbeing Resources

[Don't Forget the Adults: How Schools and Districts Can Support Educator Mental Health](#)

[How to Form a Mental Health Employee Resource Group](#) by [Jen Porter](#), [Bernie Wong](#), and [Kelly Greenwood](#) - Harvard Business Review
May 19, 2020, Updated May 21, 2020

[How to Talk About Mental Health with your Employer](#) consider sharing this resource with your team



Link to slides

Wellness & Prevention Center - wpc-oc.org 949-649-9460