



Mental Health Toolkit

for

Workplaces



www.ErikasLighthouse.org

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While we believe every student deserves good mental health, we know our workplace partners believe every employee deserves good mental health. That is why we have created the Mental Health Toolkit for Workplaces and Employee Resource Groups. This collection of turn-key resources can help workplaces promote an inclusive culture around mental health.

We're a nonprofit on a mission to provide free mental health programs for any school, anywhere. Now, it's your turn. The resources included in this toolkit are designed to help your workplace reduce stigma and normalize conversations.

Mental Health Toolkit for Workplaces and Employee Resource Groups

Designed for Individual Employees

- Mental Health Recharge
- Additional Resources
 - Positive Coping Mechanisms
 - Self-Care Guide
 - 5 Minute Brain Break
 - Mental Health Bingo

Designed for Employees Caring for Children

- Family Bookmarks
- Family Workbooks
 - One: We All Have Mental Health
 - Two: Concerned About My Child
 - Three: Getting Help
- Family Workshops:
 - I: We All Have Mental Health
 - II: Depression & Suicide

Designed as Workplace-wide Activities

- Awareness Campaigns
 - Everyone Deserves Good Mental Health
 - Get Depression Out of the Dark
 - Mental Health is Important
 - You Are Not Alone
 - Table Tents
 - Take A Compliment Pull-Tab
 - Grounding Activity
- Activities for Groups
 - Mindful Meetings
 - Self-Care Stations
 - Coffee & Stress
- Activities for Peer to Peer
 - Positivity Shout-Outs
 - Encourage-mints
 - Catch Kindness
- Positivity Pledge - May

Designed for Employee-Community Engagement

- Professional Volunteers
- Create Good Mental Health Toolkits

Designed for Individual Employees



MENTAL HEALTH

RECHARGE

Mental Health Recharge provides groups and individuals five minute mental health breaks. With over 50 positive coping mechanisms, individuals can be empowered to practice good mental health skills.



[CLICK HERE](#)



A program developed by  **Erika's Lighthouse**

Positive Coping Mechanisms

There are several positive coping mechanisms and their effectiveness varies for everyone. Guide employees to the different ways they can practice good mental health.

[DOWNLOAD](#)

Five Minute Brain Breaks

Extend a recharge with other prompts for your team to take a brain break.

[DOWNLOAD](#)

Self Care Guide

Help your team create a self-care plan for themselves or others.

[DOWNLOAD](#)



Be A Team

Promoting good mental health is everyone's job! We can help one another.

Mental Health Bingo

Create a fun game your team members can play while practicing good mental health!

[DOWNLOAD](#)

Designed for Employees Caring for Children

Family Bookmark

The Family Bookmark is an easy to access and share tool that make the Erika's Lighthouse Family Workbooks and Family Workshops instantly accessible to any family, anywhere. The Bookmark, just like the resources, are available in English and Spanish.



 **DOWNLOAD**

Family Workbooks

Family Workbooks are written by parents for parents. Designed for any family, workbook one helps families promote good mental health environments in their homes. Workbooks two and three focus on what to do if a parent is concerned about their child all the way through getting help.

one *We All Have Mental Health*

 **DOWNLOAD**

For any family, anywhere. All families can benefit.

two *Concerned About My Child*

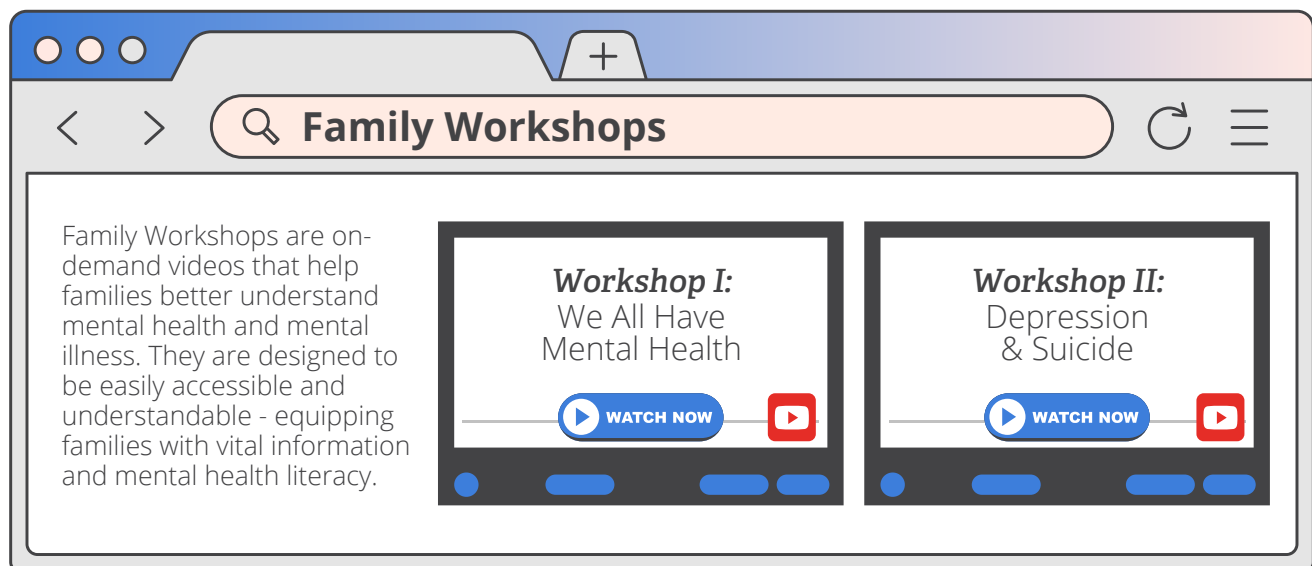
 **DOWNLOAD**

For families concerned about a child's mental health.

three *Getting Help*

 **DOWNLOAD**

For families with a child experiencing mental distress.



Employees caring for children need to support their whole home.

Designed as Workplace-wide Activities

• Awareness Campaigns •

Awareness Campaigns demonstrate that your organization cares deeply about your team's mental health. These campaigns can establish these values, vocabulary and culture.

Poster Series



Take A Compliment



Table Tents



Grounding Activity



Activities for Groups

Group Activities can put Awareness into Action. Providing interactive opportunities among the team to discuss mental health reduces stigma.



Mindful Meetings

Host a mindful moment.

[DOWNLOAD](#)



Self-Care Stations

A new type of health fair.

[DOWNLOAD](#)



Coffee & Stress

Coffee & conversation.

[DOWNLOAD](#)

Activities for Peer to Peer

Peer to Peer Activities empower team members to normalize conversations and create a more inclusive workplace.

Positivity Shoutouts

Promote positivity and peer recognition.

[DOWNLOAD](#)

Encourage-mints

Support peer encouragement.

[DOWNLOAD](#)



Catch Kindness

Catch peer kindness day by day.

[DOWNLOAD](#)

#BeKind



Employees are looking for direction and support - you can provide it.

Designed as Workplace-wide Activities



May is Mental Health Awareness Month

Recognize and celebrate the month by engaging employees. The Positivity Pledge is an employee challenge and opportunity to commit to 31 days focused on positive actions, helping others, self-care and establishing good habits for positive mental health.

Full Calendar

The positivity pledge features a full month of daily challenges to complete.



Weekly Focuses

Each week has a focus area, like gratitude, nutrition, exercise or mindfulness.

Activity Suggestions

Each daily challenge is accompanied by activity suggestions.

Daily Themes

Each day provides a theme to guide challenges, like Family & Friends Friday.

Group Activities

In alignment with the weekly focuses, your workplace can host matching activities.

[Take the Pledge >](#)

Designed for Employee-Community Engagement

Employee engagement and volunteerism may be a key piece of your organization's culture. Erika's Lighthouse offers ways employees can be engaged remotely or host their own volunteer initiative.

Professional Staff as Professional Volunteers

Erika's Lighthouse is seeking highly-qualified professionals to support our growth and advancement. Your team can play a vital role on ours by using their professional knowledge and skills.



Leadership



**Fundraising &
Development**



**Digital
Marketing**






Operations

JOIN NOW >

Create Good Mental Health Toolkits

Good Mental Health Kits are for everyone, and designed to empower an individual to take charge of their mental health self-care. The options of what is included in them is endless, but there are a few options below.

- Mental Health Recharge QR code card 
- 988 QR code card 
- Teen Toolbox QR code card 
- Small notebook/sketchbook/journal
- Water bottle
- Coloring book and pencils/crayons
- Play-Doh, fidget and/or stress ball
- Book(s)
- Bath bomb, blanket and/or essential oils
- List of available mental health resources (either school-based or your organizations)
- Unused promotional items you may have
- Handwritten note of encouragement

A kit can include more or less - it is completely customizable.

for Students in Local Schools

Good Mental Health Kits for students in local schools may vary based on grade level and local needs. It is important to contact a local school principal or school counselor to ensure they are interested in accepting kits and they may have suggestions on what should be included.

for Employees/Team Members

Good Mental Health Kits for your fellow team members is an area you may know best. Talk to your HR team and try to sync your work with what they may already be doing. You may also help create kits for the children of your team members if you want to focus on youth.

Erika's Lighthouse offers a suite of custom-designed resources for these toolkits.

Access Them



Create your own opportunity!

Good mental health can generate so many exciting ideas and ways your team can support the community.