**MENTAL HEALTH in the WORKPLACE MATTERS**



<https://www.nimh.nih.gov/health/topics/caring-for-your-mental-health>

<https://mhanational.org/taking-good-care-yourself>

<https://workplacementalhealth.org/>

<https://www.who.int/news-room/fact-sheets/detail/mental-health-at-work>

<https://www.helpguide.org/articles/work/mental-health-in-the-workplace.htm>

<https://www.spill.chat/mental-health-statistics/workplace-mental-health-statistics>

<https://www.osha.gov/workplace-stress>

<https://www.techtarget.com/whatis/feature/Mental-health-statistics-and-their-impact-on-the-workplace>

<https://www.helpguide.org/articles/healthy-living/the-mental-health-benefits-of-exercise.htm>

<https://www.mentalhealth.org.uk/explore-mental-health/publications/how-support-mental-health-work> (UK based but still a good article)

<https://business.kaiserpermanente.org/insights/mental-health-workplace/mental-health-stigma-costs>

<https://www.lyrahealth.com/resources/mental-health-in-the-workplace/>

<https://time.com/6694472/mental-health-in-the-workplace/>

<https://www.idealist.org/en/careers/minority-mental-health-in-the-workplace>

<https://www.mentalhealthfirstaid.org/2021/02/during-black-history-month-understand-workplace-concerns-of-black-employees/>

<https://www.mcleanhospital.org/essential/black-mental-health>

<https://blackmentalhealth.com/>