

Mental Health: How To Respond, Support & Care In Today's World

Presented by Amy Kosnikowski Dilisio, *National Speaker, Industry Educator & Apartment All Star*

TOP TAKEAWAYS:

- Resilience is the ability to withstand, recover and grow in the face of adversities. When you are resilient you are able to navigate change, handle challenges, cope and come out stronger.
- Wellness is practicing a healthy lifestyle full of habits and choices on a daily basis. Areas of wellness can include social, emotional, intellectual, physical, spiritual, financial and environmental.
- In today's workplace it is crucial to have a culture that promotes an acceptance of being well & caring for one's mental health. It will reduce stigma and increase the likelihood that if help is needed the employee will seek it out and be supported. When this occurs it will normalize discussion of wellness and enhance the support of well-being for all.
- Companies can prioritize the well-being of employees by launching a solid wellness program and boost the benefits that can enhance the employees health. Leadership is a great place to start by not only financially supporting the efforts but also participating and believing in the positive impact for all.
- When employees positively change their behaviors, health improves, health care costs go down and productivity goes up.
- ENHANCE WELLNESS AT YOUR COMPANY CHALLENGE - START HERE:
 - Identify employee needs and stress points
 - How best to meet the needs?
 - Develop a comprehensive plan with best practices, policies and benefits
 - "Get-to-Know & Use Your Benefits" event
 - Leadership Training
- Resources:
 - Mercer**, Hero Health and Wellbeing Best Practice Scoreboard
 - Wellable**, Employee Wellness Industry Trends Report
 - Swift Bunny**- Customized employee survey options
 - NAA** - Mental Health Resources *survey results, webinars, best practices*
 - National Alliance of Mental Illness** - NAMI.com
 - Mental Health of America**- Tips for starting a conversation, Mental health screening, Free Webinars, Tips to Boost Mental Health and Self-Help Tools.
 - Change Direction** Excellent resources: 5 Sign Tools, Emotional Life Skills and Healthy Habits of Well Being.
 - MentalHealthFirstAid.org** Training to assist those in crisis
 - Bring Change 2 Mind** Dedicated to encouraging dialogue about mental health, and to raising awareness, understanding, and empathy. Especially helpful is the "Talk Tool" and greetings cards geared to mental well being.
 - National Suicide Prevention Lifeline – Call 800-273-TALK (8255)

Contact Amy for more information on her leadership, wellness and mental health programs.