



Mental Health Resources for Employers and Employees

Click on each bolded link to visit the website.

Mental Health & Resiliency Solutions

Talkspace: An app-based therapy provider. Connect with a licensed therapist from the palm of your hand. (Fee based)

BetterHelp: web-based access to licensed, trained, experienced, and accredited psychologists, marriage and family therapists, clinical social workers, and board licensed professional counselors. Get help anytime, anywhere. (Fee based)

Ginger: Chat with a trained behavioral health coach within seconds and meet with a licensed therapist or psychiatrist via video within days. (Fee based)

headspace: A guided meditation and mindfulness app (Free and paid options)

Calm: Calm improves employee well-being by promoting better sleep, reducing stress and anxiety, and developing more mindfulness. (Free and paid options)

Sanvello: An app combining self-care, coaching, peer support and therapy tools. based on the principles of cognitive behavioral therapy (CBT) and mindfulness meditation and designed by a community of licensed professionals. (Free and paid options)

Wellspring EAP: A provider of Employee Assistance Program (EAP) services that serve businesses and organizations of all industries and sizes that offer an EAP program as a benefit to their employees. (Fee based)

Telemynd: web-based counseling from a national network of licensed psychiatric providers, therapists, and social workers. Using a patented predictive technology software to reduce “trial and error” prescribing. (Fee based)

happify health: Happify Health is a global healthcare platform that combines digital therapeutics and care delivery solutions to improve mental health, physical health & well-being. (Fee based)



Mental Health Trainings & Education

ihollaback: bystander intervention trainings. A global, people-powered movement to end harassment in all its forms by transforming the culture that perpetuates hate and harassment.

National Alliance of Mental Illness (NAMI): NAMI Affiliates offer an array of outstanding peer-led programs that provide free education, skills training and support. Check the website to find your local affiliate.

Mental Health First Aid Training: Mental Health First Aid is a skills-based training course that teaches participants about mental health and substance-use issues.

Traliant: industry specific eLearning courses including bystander intervention training.

Helpful Links for Employers

[Workplace mental health: 5 ways to support employee wellness](#)

[Employee Mental Health & Well-being During & Beyond COVID-19](#)

[Employer Resources – Center for Workplace Mental Health](#)

[Employer Mental Health Policy Template](#)