

# The Behavioral Health Take Action Checklist



## Publish a list of local behavioral health support groups in your company newsletter.

Search the National Alliance on Mental Illness's (NAMI's) [support group directory](#).

Search the Depression and Bipolar Support Alliance's (DBSA's) [support group directory](#).



## Train your company's leaders to recognize the signs of behavioral health conditions in their employees. Educate them on how to help employees find the resources they need.

Nationwide, contact the [Mental Health First Aid program](#) to schedule in-office training.

If you have offices in California, contact [Wellness Works](#) to learn about the group's training programs for senior managers.

Download and distribute the *Fact Sheet for Managers* from the [CEOs Against Stigma](#) website.



## Take steps to overcome stigma in your company.

Bring NAMI's [In Our Own Voice](#) workshop to your company. Have the presentation delivered during staff or lunchtime meetings.

Play PSA videos created by [Bring Change to Mind](#) for your employees.

Host a support group meeting at your office.



## Make sure not to unintentionally propagate stigma yourself.

Take NAMI's [Stigma Free Pledge](#).

