

Employer Resources for Employee Mental Health

Between 22 and 35 percent of U.S. employees often experience symptoms of depression as they live through the COVID-19 pandemic, according to [new research](#) by the Society for Human Resource Management. As the aluminum industry navigates the current crisis, we will make sure our employees are as safe and healthy as can be expected in these unprecedented times.

American Psychiatric Association: The APA has put together a [guide](#) for employees who work from home to help with the mental health challenges of the COVID-19 crisis. They also have published [an article](#) on things to consider while reopening from a mental health perspective.

Ginger: A mental health company that is offering free behavioral health coaching for frontline healthcare workers, making Ginger's COVID-19 in-app resources free and available to the general public, and waiving annual commitments for new employer clients. For new employer clients, Ginger's benefits program includes on-demand coaching, teletherapy, and telepsychiatry. Employers can learn more at www.ginger.io/employers or email theteam@ginger.io.

Headspace: An online healthcare company that focuses on meditation is sharing free "Headspace for Work" tools and resources—previously made available to customers—to address teams and businesses all around the world who are being affected by the growing public health crisis. Headspace also offers employee mental health [best practices](#) and a [toolkit](#) in light of COVID-19.

Limeade: An employee engagement software company that is offering a free "[Limeade Care in Crisis](#)" edition of its product. The intention is to help companies show care to their employees as well as reduce fear and isolation during crises. This will be available through Aug. 31 to organizations with no commitment.

Mindshare Partners: A workplace mental health nonprofit that has put together a [free toolkit](#) for employers dealing with the COVID-19 crisis. CEO Kelly Greenwood recently sat down with Forbes to discuss [How To Lead With Mental Health In Mind During The Coronavirus Pandemic](#).

Society for Human Resource Management (SHRM): SHRM has put together [general principles](#) for Promoting Workplace Mental Health In The Age of COVID-19.

The National Safety Council: The NSC has prepared a [document](#) on what employers can do for their employee's mental health during COVID-9 [checklist](#) for employers to go over with their Employee Assistance Programs when discussing the COVID-19 crisis.

Wisdom Labs: A wellness company that is offering its [Wise@Work App and Virtual Communities Program](#) to all employers for free through the end of June. Its app includes lessons and practices to navigate fear and anxiety and tips for better sleep. Its Virtual Communities Program is a weekly 30-minute online gathering designed for employees to engage in social connection and build skills to navigate the COVID-19 crisis.