



# Expert Insights

## 5 Ways You Can Help Your Employees' Mental Health

Many of your employees may be having a hard time right now. Whether they are working from home, or onsite, they may be struggling to manage virtual schooling, new schedules, isolation, and general worries about the pandemic. These life changes can cause increased stress, anxiety, and depression among your employees, and they may need help. These five tips can help you offer them additional support:

### 1. Tap into available resources.

Lean on us and our healthcare partners for resources to support your employees, such as information about mental health issues and tools and tips to take care of themselves. For example, the HealthLink website is overflowing with tools and resources our clients can use to help their employees protect their their overall health and well-being. Our **Educational Library** has a variety of health and wellness videos that cover health topics, easy exercise tips, and quick, healthy recipes. The library also contains our Healthy "Know-How" fact sheets and recipes for better health. We have also added additional mental health resources in our **COVID-19 Resource Center**. Your employees can access articles, videos, free guidance, and caregiver resources to help them during this time.

### 2. Promote self-care.

Develop a quick campaign focused on mental health. This doesn't have to be labor-intensive, simply use your current communication tactics to send employees a quick reminder to do something that offers a healthy break. You could suggest going on a walk, listening to music, connecting with a friend, or any other activity that promotes self-care. Feel free to share a video, article, or recipe from HealthLink.com or promote all of the mental health resources available on the website.

### 3. Host a virtual social hour.

Help your employees combat isolation and connect with their coworkers by hosting a virtual social hour. There is a variety of virtual meeting platforms to choose from, and many are available with a free trial. Consider preparing some icebreaker questions or a round robin approach to get the conversation started.

**4. Offer flexibility.** Remember that each of your employees is unique, and they may have vastly different experiences. Talk to your employees about what they are struggling with right now, and consider tweaking schedules, workloads, or offering additional time off if needed.

**5. Check in weekly.** This is extremely important if your employees are working from home. Taking time to schedule a weekly meeting to do a quick check in and provide any company updates can have a big impact on your employees and company culture.

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The health and well-being of your employees is more important than ever. We're here to offer guidance and support. For more information contact HealthLink at [Sales-AcctMgmt@healthlink.com](mailto:Sales-AcctMgmt@healthlink.com).