



Visit [StarkMHAR.org/Workplace](http://StarkMHAR.org/Workplace) for information on:

## MENTAL HEALTH & WELLNESS

**10 Tips for Managing Mental Health in the Workplace** from the National Alliance on Mental Illness (NAMI).

**American Psychological Association** shares health concerns surrounding work-related stress.

**Centers for Disease Control and Prevention** offers resources on developing a general workplace health program as well as resources on depression and occupational stress.

**Learn how to handle a crisis** with Mental Health First Aid! Whether you work with young adults or as a first responder in our community, there is a Mental Health First Aid training for you.

**StarkMHAR Care Network** This local directory of qualified service providers addresses mental health and addiction treatment. The StarkMHAR Care Network directory includes a brief description of each provider's services, programs and contact information.

## DRUG-FREE WORKPLACES

**Centers for Disease Control and Prevention** offers resources on developing a general workplace health program as well as resources on alcohol and substance misuse and tobacco-use cessation.

**Don't risk your unwanted prescriptions getting into an illicit supply pipeline.** Drug Free Stark County has collaborated with law enforcement throughout Stark County to establish more than a dozen permanent drug drop-off locations. Find a drop box near you.

**From prevention steps to developing a drug-free workforce,** the Ohio Association of County Behavioral Health Authorities (or OACBHA) publishes several helpful one-pagers on behavioral topics.

## TAKING A SCREENING TODAY

**How are you feeling?** Are you experiencing stress, depression or anxiety? Are you concerned you may be dependent on alcohol? Mental health is a key part of your overall health. Brief screenings are the quickest way to determine if you or someone you care about should connect with a mental health professional.

## SUICIDE PREVENTION

**American Association of Suicidology** is a national non-profit organization focused on suicide prevention that provides current scientific information, resources, information and a specific section for suicide survivors.

**Ohio Suicide Prevention Foundation** provides data, statistics, suicide prevention information and resources to all Ohioans.

**Stark County Suicide Prevention Coalition** partners with StarkMHAR to promote the benefits of a well-informed and empowered community in order to save lives.

**Veteran Resources** Find resources available for the men and women who served our country.



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