



Mental Health & Suicide Prevention in the Workplace

Discussing Mental Health and Suicide in the workplace is hard.
It doesn't need to be. Let us help.

The Fond du Lac County Mental Health Action Team wants to provide local businesses with practical tools, resources, and training to better support their employees' emotional well being.

QPR (Question, Persuade, Refer)

QPR is a suicide prevention training that prepares people to recognize a potential suicide crisis, respond in a safe and supportive way, and assist the individual in obtaining the help they need. This training can be done in just 60-90 minutes and can be provided free of charge to your organization. It currently can be offered either in person or virtually. Request a training by emailing Robyn.Williams@ssmhealth.com

Pathways to Care

Pathways to Care was created to help individuals in Fond du Lac County understand the options available to those who are experiencing mental health crises or challenges, and connect those in distress to area services and supports. It is available as a printed guide (in [English](#) & [Spanish](#)).

NAMI Stigma Free Toolkit

NAMI has created materials to help companies reduce stigma in their workplaces. The methods emphasized include: creating company policies regarding mental health, showing support to employees, providing management training, and decreasing stigma in the workplace. [Visit the toolkit here.](#)

Survivors of Suicide Loss Support Group

SOSL is a free support group held monthly in Fond du Lac. The group provides a safe, judgement-free space for those grieving the suicide death of a loved one, no matter how much time has passed. Members of this peer-led group have the opportunity to share their story, feel less isolated, and be supported by others who have also experienced a loss to suicide. Contact : survivorsofsuicideloss988@gmail.com for more details.





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Other resources:

NAMI Fond du Lac

NAMI FDL strives to support and empower every person, young and old, touched by mental illness. They are committed to removing stigma and nurturing recovery through advocacy, education and outreach. NAMI Fond du Lac offers a variety of support groups & services for both individuals living with mental illness and their family & friends. They also offer In Our Own Voice, a free 50 minute interactive presentation that provides insight into the hope and recovery possible for people living with mental illness. [CLICK HERE](#) to learn more about the programming offered.

Strategies for Suicide Prevention in the Workplace

This [Know the Signs](#) resource includes an overview of the following five strategies and recommended implementation steps: 1) Encourage use of screening tools to identify problems early and connect people to help. 2) Offer Suicide Prevention Training for managers, supervisors, and Human Resources staff at minimum. 3) Promote behavioral health services & resources. 4) Provide educational opportunities at work. 5) Develop a crisis plan that ensures safe and compassionate response in a crisis or after a suicide.

Online Resources

[Headspace for the Workplace](#) is a podcast by Dr. Sally Spencer-Thomas which covers a variety of topics relating to mental health in the workplace.

[Building the Mentally Healthy Workplace: A Strategic Plan for Improving Employer Mental Health Practices](#) (from Mental Health America of Wisconsin)

[OSHA Preventing Suicides Toolkit](#) is a group of resources put together by the Occupational Safety and Health Administration that is focused on the construction industry, but is applicable to a wide range of workplaces.

Postvention Resources

[Manager's Guide to Suicide Postvention in the Workplace](#) (from the National Action Alliance for Suicide Prevention and American Association of Suicidology). A comprehensive guide that provides clear steps for postvention, giving leadership a sense of how to: provide an immediate response to the traumatic event; follow a short-term recovery plan; and develop long-term strategies for helping employees cope.

[Uniting for Suicide Postvention – Workplace](#) (from the VA's MIRECC/CoE). Contains guidance on what steps workplaces can take following the death of an employee by suicide. Resources in a variety of formats are available, including podcasts, videos, infographics, and printable documents.