

Resources

Wellness Works WellnessWorksMentalHealth.org

Mental Health Association of California mhac.org

Each Mind Matters - California's Mental Health Movement eachmindmatters.org

Partnership for Workplace Mental Health workplacementalhealth.org

Disability Rights California disabilityrightsca.org

Working Through It: Stories of reclaiming wellbeing at work, off work and returning to work
www.workplacestrategiesformentalhealth.com/wti

Guarding Minds @ Work guardingminds@work.ca

Workplace Strategies for Mental Health workplacestrategiesformentalhealth.com

The National Standard for Canada on Psychological Health and Safety in the Workplace
csa.ca/z1003

The Depression Center and The Panic Center: Free, online Cognitive Behavioral Therapy (CBT)
depressioncenter.net - paniccenter.net

Substance Use Disorder Calculator Mindful alcoholcostcalculator.org

The Job Accommodation Network askjan.org

Employer and Mindful Manager Canada mindfulemployer.ca

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