

Coronavirus: Employer Town Hall

April 2, 2020
5:00 PM ET

Addressing Mental Health & Wellbeing

Hosted with the APA Foundation Center for Workplace Mental Health



Moderators & participating panelists



Michael Thompson
President & CEO
National Alliance



Darcy Gruttadaro, JD
Director, Center for Workplace Mental Health
APA Foundation Center for Workplace MH

Panelists

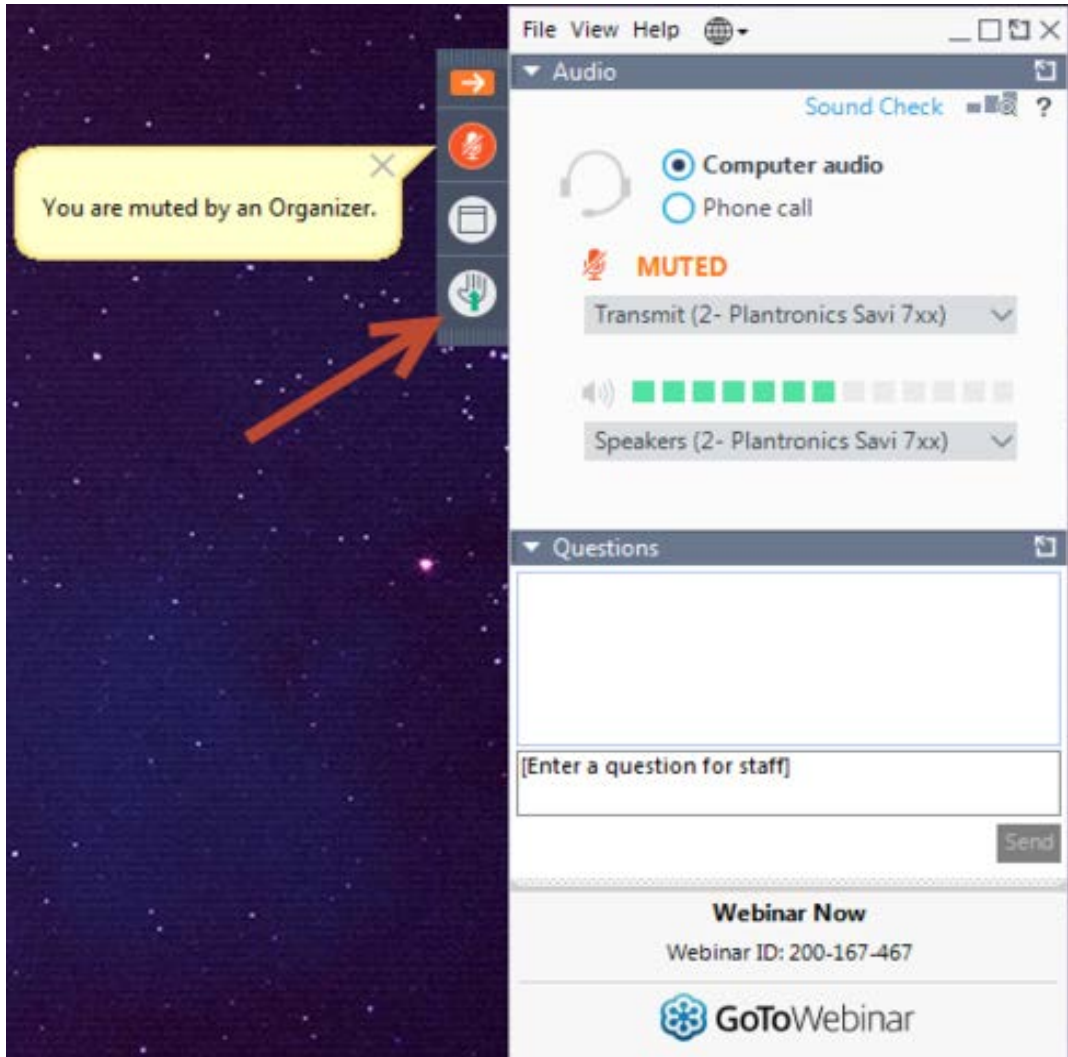
Center for Workplace Mental Health Advisors

- **Gaurava Agarwal, MD**, Director of Physician Well-Being, Northwestern Medical
- **Collier Case**, Director, Health & Productivity, Sprint
- **Michael Weiner**, EY Assist Leader, Ernst & Young

Other

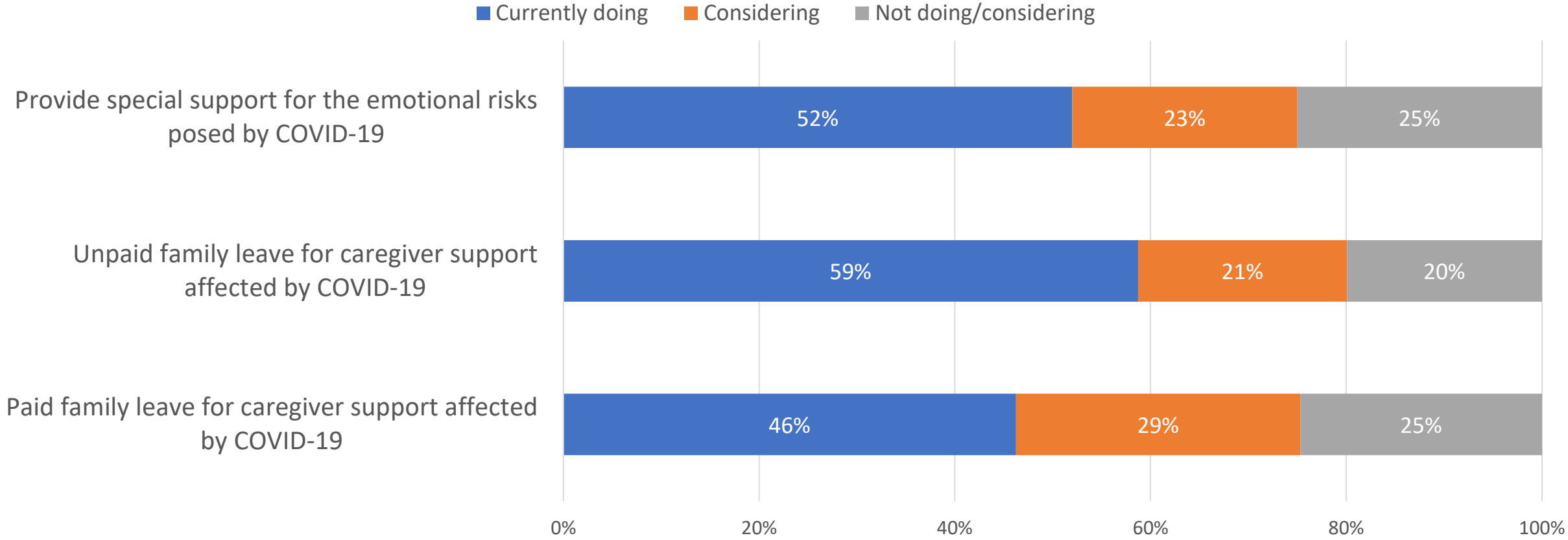
- **Patrick Burke**, Head of HC, Happify Health
- **Connie Chen, MD**, CMO, Lyra Health
- **Jennifer Hunter, LISW-S**, CEO, emVitals
- **Amy Kennedy**, Mental Health Advocate

Participation



- If you would like to ask your question live, please raise your hand and you will be unmuted by an organizer.
- Alternatively, you can submit your questions/observations through the question box in the gotowebinar platform.

COVID-19 Emotional and caregiving support



Source: National Alliance COVID-19 Employer Survey 0320

A Tale of Two Cities - % Employees that can work at home effectively

	Salaried					Hourly				
	<50%	50-69%	70-89%	90+%	N/A	<50%	50-69%	70-89%	90+%	N/A
Educational Services	28%	17%	33%	17%	6%	74%	9%	13%	4%	0%
Finance and Insurance	4%	23%	8%	65%	0%	28%	18%	22%	32%	0%
Healthcare and Social Assistance	35%	30%	13%	22%	0%	71%	10%	0%	14%	5%
Manufacturing	16%	13%	36%	36%	0%	88%	3%	0%	0%	9%
Professional, Scientific, and Technical Services	0%	14%	26%	58%	0%	48%	14%	24%	14%	0%
Public Administration	23%	27%	36%	9%	5%	67%	17%	8%	0%	8%
Retail/ Wholesale Trade	38%	25%	25%	13%	0%	70%	20%	10%	0%	0%

Source: National Alliance COVID-19 Employer Survey 0320

Median Range

The Triggers

Economic Stress

Worrying about
(or losing) their jobs
or income

Fear of COVID-19

Especially those that
continue to work

Social Isolation

Especially for those
working from home

Increased Demands & Pressures

Home, family & work

High Anxiety & Stress

Uncertainty & Fear ...

- When will this end?
- Will I or a loved one get infected?
- Will I keep my job or get a job?
- Will we ever get back to “normal”?
- What about our finances?
- How do we juggle kids, jobs & more?
- How do I stay healthy & productive while stressed & distracted?



Apart, but not alone.

- Time Magazine

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**WORKPLACE
MENTAL HEALTH**

Mental Health & Well-Being are at Risk

What's at risk?

Developing a MH or SUD condition:
With high stress & anxiety

A worsening condition:
Access to care is critical

Complete recovery relapse:
Access to care is critical



Managing the Risk

Leadership

Reassure, normalize, show empathy & compassion, humanize, make mental health visible!

Communication & Connection

Check-in often on life & work, be available, get creative in connecting, be a trusted source, create FAQs

Flexibility


Be reasonable with expectations, ask what support is needed, jobs must get done but people are highly distracted & stressed

Ensuring Access to MH & SUD Care

Increased MH & SUD care is needed NOW with this crisis, find out what your health plan & EAP are doing, commit to improving access over time, the MH crisis is projected to grow.



Practical Tips for All



**Working Remotely During COVID-19:
Your Mental Health & Well-Being**

The Coronavirus (COVID-19) is presenting new and unique major challenges. We are navigating uncharted waters with this virus making it important to find new ways to work and interact while also taking care of our mental health and well-being.

Many are teleworking full-time for the first time, isolated from co-workers, friends and family. Our daily living routines are disrupted causing added anxiety, stress and strain physically, mentally, and financially. It is completely natural for this disruption and uncertainty to lead to anxiety and stress. Now more than ever, we all must take care of our mental health and well-being. As we protect ourselves against potential exposure to the Coronavirus, keep in mind that social distancing does not mean social isolation. This resource provides practical tips on taking care of our mental health and well-being.

How do I maintain my health & wellness?

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[Workplacementalhealth.org/covid19tips](https://workplacementalhealth.org/covid19tips)

Crisis Text Line:
Text “Home” to
741741

**National
Suicide
Prevention
Lifeline:**
800-273-8255

**SAMHSA’s
Disaster
Distress
Helpline:**
800-985-5990

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We are all in this together!



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Open Discussion



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National Alliance



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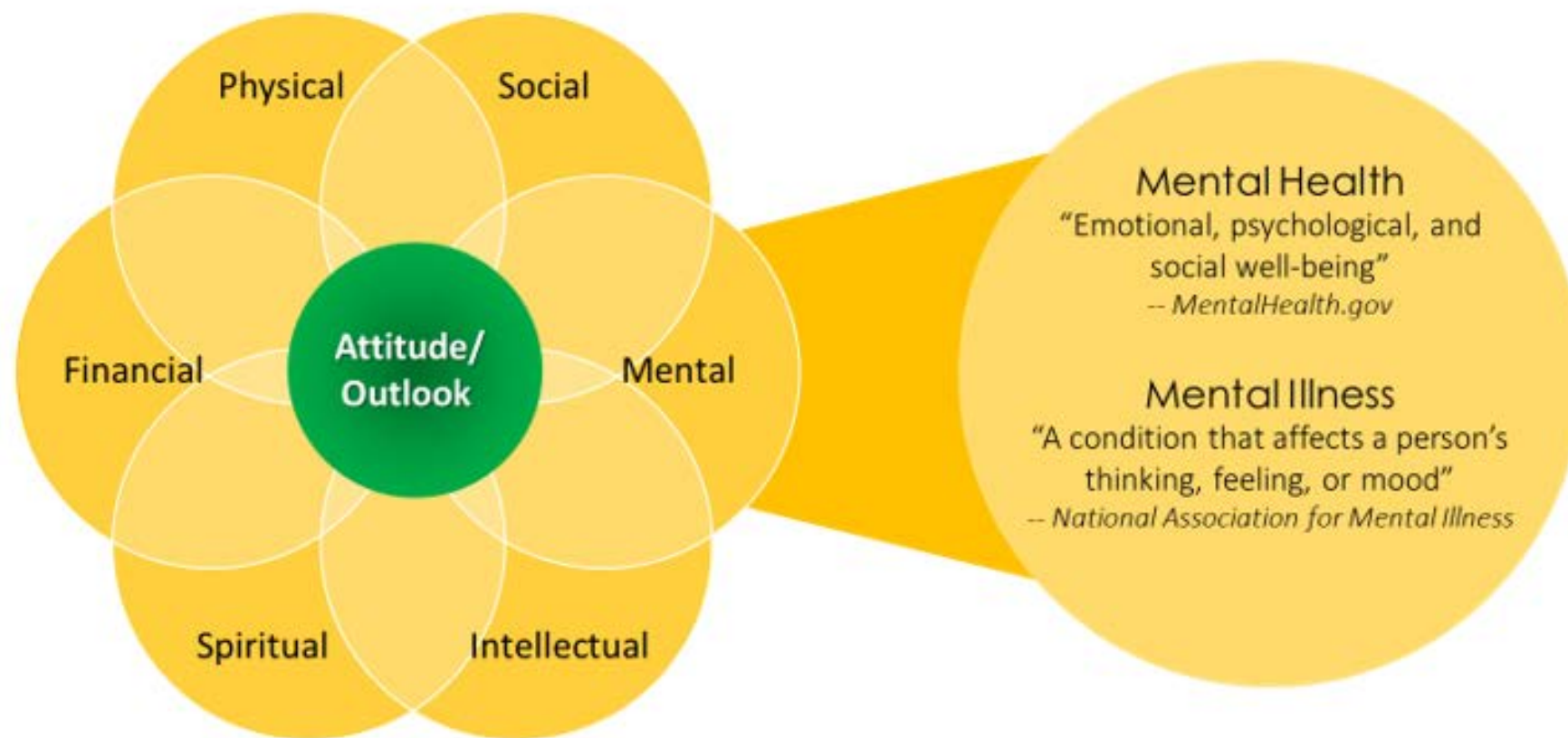


Jennifer Hunter, LISW-S
emVitals

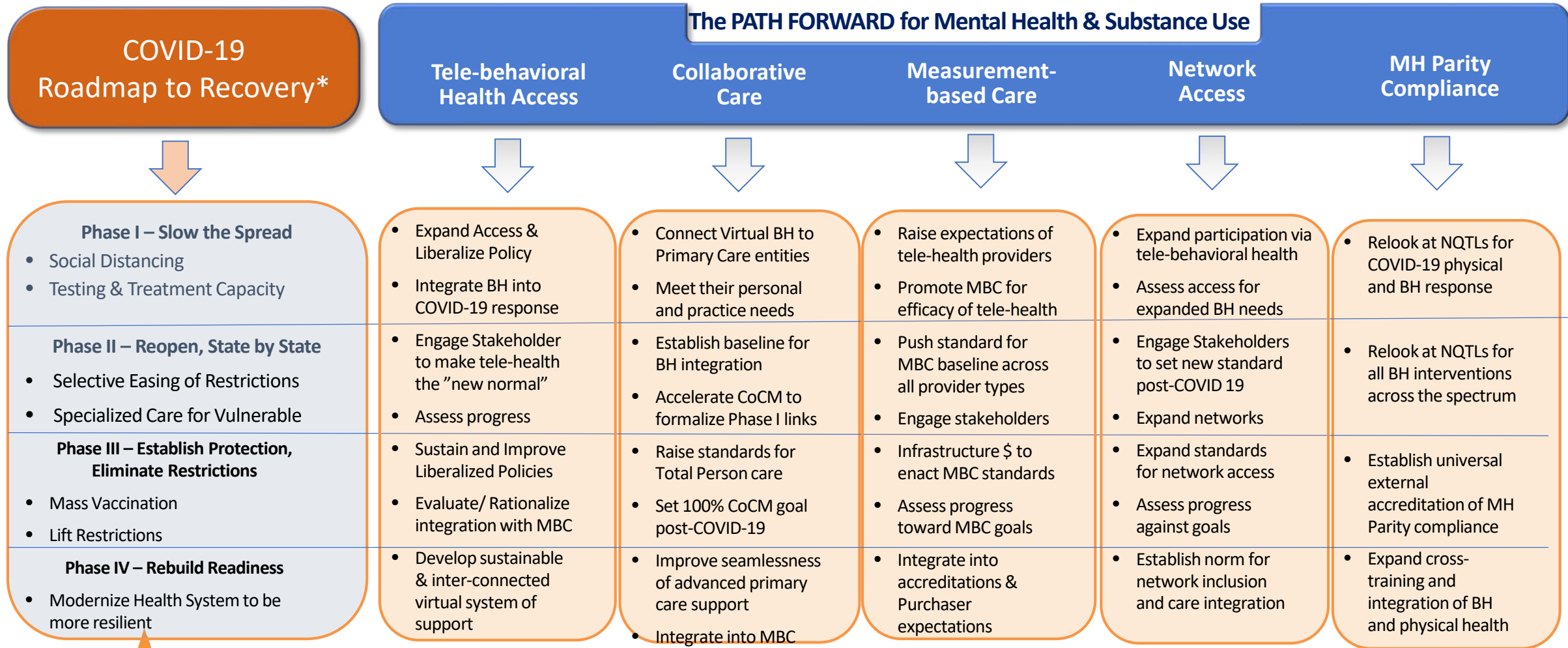


Amy Kennedy
Mental Health Advocate

The Interplay between Mental Health and Overall Wellbeing



Integrating *The Path Forward* into COVID-19 Roadmap



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Upcoming Events & Contact Information

Choosing Wisely in the Face of COVID-19 for Employers.

When: April 9, 2020 | 10:00 a.m. ET

<https://attendee.gotowebinar.com/rt/1748945173700223501>

Employer Town Hall - Considering Social Determinants in the context of COVID-19

When: April 13, 2020 | 5:00 p.m. ET

<https://attendee.gotowebinar.com/register/5706605392112776203>

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Register today: <https://nationalalliancehealth.swoogo.com/2020leadershipsummits/begin>