If you need support, Canopy EAP is here for you. Their team is specially trained to help leaders navigate mental health concerns within their teams — and they're also available to support you, no matter the situation, big or small. Don't hesitate to reach out.

Visit **www.canopywell.com** or call **1-800-433-2320**. Register with organization name Augusta Health. Once you create an account you can call, chat, text, email, or download the Canopy app for either Apple or Android smart phones.

Checklist: How Supportive Is Your Team Environment?

Use this self-reflection tool to strengthen team culture:

- ○ I regularly check in with team members about their well-being
- ○ I create space where people feel safe to speak up
- ○ I encourage the use of EAP and normalize mental health support
- ○ I recognize signs of burnout, stress, or isolation
- ○ I manage workloads with empathy and flexibility where possible
- ○ I talk about well-being as part of daily team culture
- ○ I model self-care and taking time when needed
- ○ I follow up when someone shares they're struggling
- ○ I feel equipped to refer someone to support resources when needed
- ○ I reach out for help myself when I need it

The more boxes you check, the more you're contributing to a mentally healthy workplace.

How to Talk About Mental Health at Work

Resource: Mental Health America – "How to Support Employees' Mental Health"
Practical tips on how to start conversations, respond with empathy, and reduce stigma in the workplace.

Copy the link below or scan the QR code on the right to access this resource:
https://www.mhanational.org/how-support-employee-mental-health

Recognizing Warning Signs of a Mental Health Crisis

Resource: National Alliance on Mental Illness (NAMI) – Crisis Guide
Covers signs of emotional distress, including suicide risk, and how to respond appropriately.

Copy the link below or scan the QR code on the right to access this resource:
https://www.nami.org/About-Mental-Illness/Warning-Signs-and-Symptoms

What To Do If Someone Is in Crisis

Resource: 988 Suicide & Crisis Lifeline – Guide for Helping Others
Step-by-step guidance on how to respond when someone is having suicidal thoughts or a mental health emergency.

Copy the link below or scan the QR code on the right to access this resource:
https://988lifeline.org/help-someone-else/