



Welcome! The meeting will begin shortly.

Announcements

- Thanks for joining us today! We're HYBRID
- Virtual participants, please remain muted during the presentation
- Questions will be answered at the end of the presentation

Moderators for today's meeting include:



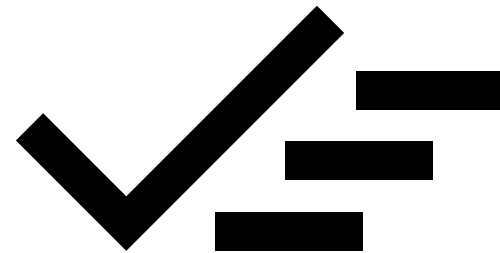
Susan Thompson – ABGOH Co-Chair



Cristina García – ABGOH Co-Chair

Agenda

- Announcements & Introductions
- (Speaker/Panelists)
- Questions & Answers
- Resource Spotlight
- Closing Remarks



Thank you to our Sponsor



Lacy Haney, MBA, MS, RD, LD

H-E-B Wellness

Business Services Sales

Austin | Lubbock | Dallas



Wellness™

PRIMARY CARE

Business Services



About Business Services

H-E-B Wellness Primary Care Business Services **sells our wellness services**, which include primary care, nutrition services, mental health counseling, health coaching, physical medicine, care navigation, and more, to employers who wish to partner with H-E-B in providing their employees the **same quality care we offer our own H-E-B Partners**.

WHAT DO WE DO?

- Research potential businesses that meet our criteria
- Sell our H-E-B Wellness services
- Manage implementation
- Account management
- Maintain ongoing business relationships with new and existing employers
- Provide employee communication and engagement services
- Subscription for small business
- Provide regular reporting to each employer

WHAT BUSINESSES ARE ELIGIBLE?

- Located in the **San Antonio, Austin, Dallas, and Houston** regions
- Self-insured or looking to provide additional healthcare benefits for their employees
- Preferably more than **250 employees**
- For businesses with **less than 250 employees**, we provide information for individual subscription options.



Advantages of Employers Partnering with H-E-B Wellness

We offer employers the same healthcare we offer our own Partners: **healthcare that is patient-centered and managed by an integrated healthcare team of professionals** who focus on getting patients well and keeping them well.

Employees who use our clinics are not only happier healthier and more productive, but they will cost their employer's health plan less, and thus save the employer on claims.

12% reduction in average length of hospital stay

36% reduction in 90-day hospital readmission rate

7.6% improvement in diabetes Rx adherence rate

14% risk adjusted annual **claims savings**

HOW MUCH DOES IT COST THE EMPLOYER?

We offer different competitive pricing plans for employers large and small:

- per eligible employee per month (PEPM) pricing
- utilization pricing for those employees that use our clinics

What our employers are saying...

“We wanted to offer our team a benefit that would really be of great value to them and their families; H-E-B Wellness Primary Care gave us this. A great organization who truly values our partnership but also cares about their patients. There is no complaint too small or idea too grand that they will not take into consideration! Our team constantly raves about H-E-B Wellness Primary Care and all they offer!

”

– Andrea Vega, Human Resources Supervisor, TSAOG

“I was surprised at how easy it was to work with the H-E-B Wellness Primary Care system. After my first connection with the doctor, I knew we had access to something special. I feel like I am a top priority every step of the way and am thankful to be able to utilize this service.

”

– San Antonio River Authority Employee

Nutrition Services Employer Services

In addition to selling H-E-B Wellness services to employers, Business Services also manages **activation of Nutrition Services requests.**

WHO - Businesses/Organizations in San Antonio, Austin, Border, Houston, DFW regions; and H-E-B Stores/Departments (internal)

WHAT - Requests for H-E-B Nutrition Services to attend an event or meeting

HOW – Submit a form (8 weeks prior to the event date) for review. Business Services and Nutrition Services review to see if we have the staffing and resources, and if it's a good ROI, for H-E-B Wellness to be in attendance.

<p>ONE-ON-ONE COUNSELING PACKAGE</p>	<p>A one-hour private consultation with an H-E-B dietitian to assess medical history, set dietary goals, and recommend healthy eating habits based on personalized dietary needs.</p> <p>Cost for 8 hours at an off-site location. Consultations are an hour (8 participants). For one-hour consults, cost per person is \$118, minimum of 5 participants.</p>	<p>\$1,000</p>	<p>VIRTUAL ONE-ON-ONE COUNSELING PACKAGE</p>	<p>A one-hour consultation with an H-E-B dietitian for a group of 8 participants. For one-hour consults, cost per person is \$118, minimum of 5 participants.</p>	<p>\$950</p>
<p>METABOLIC TESTING PACKAGE</p>	<p>Cost for 10 participants at location of employer's choice. (3 hours for 10 people). Price increases by \$48/person for additional participants.</p>	<p>\$575</p>	<p>GROUP CLASS PACKAGE</p>	<p>A one-hour nutrition education class held at an off-site location or select H-E-B location. Presentation topics include disease management, overall wellness, and simple dietary and lifestyle tips. Class is priced for 30 people. Catering available for an additional cost.</p>	<p>\$750</p>
<p>COOKING DEMONSTRATION PACKAGE</p>	<p>Cooking demonstrations are designed to introduce new foods as well as basic cooking techniques to enable participants to make better food choices.</p> <p>1-hour class for 30 people held at select H-E-B location or off-site. <i>Food cost is separate and is \$4/per person.</i></p>	<p>\$575</p>	<p>VIRTUAL GROUP CLASS PACKAGE</p>	<p>A one-hour virtual nutrition education class. Presentation topics include disease management, overall wellness, and simple dietary and lifestyle tips. 12-35 participants.</p>	<p>\$425</p>
<p>GROCERY STORE TOUR PACKAGE</p>	<p>A detailed 1.5-hour long grocery shopping tour, led by an H-E-B dietitian. Limit to 12 participants. Store selects the time due to foot traffic. Learn how to overhaul a grocery shopping list, strategically navigate the store, and read labels to make better choices.</p>	<p>\$425</p>	<p>VIRTUAL COOKING DEMONSTRATION PACKAGE</p>	<p>Cooking demonstrations are designed to introduce new foods as well as basic cooking techniques to enable participants to make better food choices. 1-hour virtual class for 30 participants.</p>	<p>\$625</p>
			<p>HEALTH FAIR</p>	<p>An H-E-B dietitian will support your community event/fair to discuss H-E-B Wellness offerings for two hours. Additional hours available for an added cost. <i>If cooking is desired, see cooking demo package.</i></p>	<p>\$650</p>

A Wellness Plan with Real Benefits

- Less stress and great quality care means happiness and health for your employees and cost savings for your business.
- A connected health experience means health management and a range of services your employees deserve – online, in-store, and in our clinics.
- A dedicated care navigation team means a coordinated approach to preventative and acute wellness care – all under one roof.



QUESTIONS?

Email the Business Services team at:

business@hebprimarycare.com

Please join us in welcoming our Speaker



Dr. CeCe Noll, DNP, APRN, FNP C

Group Health Center Manager
Premise Health



Mental Health... it's great for business

Austin Business Group on Health

Dr. CeCe Noll, DNP, APRN, FNP C

Family Nurse Practitioner and Mental Health Clinical Specialist



Integrating Behavioral Health into your Business Plan

Agenda:

- Discuss the mental health crisis, including post-pandemic life
- Review signs that may indicate someone is struggling with mental health challenges
- Discuss options to support colleagues and team members struggling with mental health challenges

What is Mental Health

World Health Organization defines mental health as:

A state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.

More specific definition:

Mental health is a continuum ranging from having good mental health to having a mental health disorder. A person will vary along this continuum at different points in his or her life. An individual experiencing good mental health will feel in control of their emotions, have good cognitive functioning and will have positive interactions with people around him or her. This allows an individual to perform well at work, in his or her studies and in family and other social relationships.



Prevalence of Mental Health

30% of Americans will experience a diagnosable mental disorder in any given year. (May 2023)

Extremely likely you will encounter someone in your life who lives with a mental health disorder. Very likely you will experience a diagnosable mental disorder in your lifetime

Post-pandemic increase seen in adolescents, women, hispanic Americans, and those older than age 80

During and post-pandemic 13% of people started using illicit drugs or increased their use

18% increase nationwide in opioid overdose

30%-50% of patients referred from primary care to outpatient behavioral health services do not make the first appointment

Two-thirds of primary care physicians report not being able to access outpatient behavioral health for their patients

Sixty-seven (67%) percent of people with a mental health disorder do not receive mental health services

Suicide is the 10th leading cause of death in the U.S. In 2023, 14% or more than 48 thousand deaths by suicide

In 2013, suicide was the 2nd leading cause of death in 15-24 y/o and 25-34 y/o

In the U.S., 22 Veterans die by suicide every day

Barriers to Mental Health Care

Stigma is one of the biggest barriers

- Stigma assumes many forms: subtle and overt; can negatively impact all aspects of life
- Stigma can appear as prejudice, discrimination or stereotyping

Access to mental health care providers

- 37% of the US population live in an area lacking mental health services (March 2023)
- 51% of Texans live in an area lacking mental health services (March 2023)

Seen as a sign of weakness or a character flaw

- Denial there is a problem or refusing help
- Keeping up a strong “exterior” so others won’t see the pain of symptoms

Cost

- Mental Health providers not accepting insurance or are not in-network
- Must pay “out of pocket”
- Lack of mental health care coverage

Business Case for Identifying and Treating Mental Health

Of the top five conditions driving overall health care costs (work related productivity + medical + pharmacy cost), depression is ranked number one

Annual medical expenses-- chronic medical & behavioral health conditions combined - cost 46% more than those with only a chronic medical condition

Use of health care services decreased by 16% for those receiving behavioral health treatment, while it increased by 12% for patients who were not treated for their behavioral health care needs

Depression treatment in primary care for those with diabetes had \$896 lower total healthcare costs over 24 months

Depression treatment in primary care had \$3,300 lower total healthcare cost over 48 months

Behavioral health disorders account for half of all disability days



Business Case for Identifying and Treating Mental Health

Treatment for the most common conditions is effective 80 percent of the time yet only 33 percent of the people who need help will get it, because of the societal stigma; the fear of repercussions at work; and the lack of access to quality, affordable treatment.

Mental illnesses directly affect an employee's ability to perform effectively at work and are associated with absenteeism and lost productivity.

80 percent of people with depression report some level of functional impairment. In a three-month period, patients with depression miss an average of 4.8 workdays and suffer 11.5 days of reduced productivity

217 million workdays are completely or partially lost each year due to mental illness

Effective integration of medical and behavioral care could save \$26 - \$48 billion annually in health care costs

Mental health conditions frequently occur with other chronic conditions, such as asthma, diabetes, etc. Untreated mental health conditions worsen both.

The economic cost of mental illness will be more than cancer, diabetes, and respiratory ailments all together.

Great...Now What?

The workplace is key to promoting mental health awareness. Nearly two-thirds (64 percent) of the U.S. population aged 16 and over are employed and work alongside colleagues for hours each day.

In addition, many employees encounter members of the community through the services they provide (e.g., educators interact with students, emergency first responders with the public, military leaders with active-duty service members, and social service providers with their clients).

How do I promote Mental Health Care?

Stigma is one of the biggest barriers

- Challenge myths and stigma around mental health and mental health disorders

Access to mental health care providers

- Spread knowledge and awareness of mental health resources and services
- Connect people with resources and treatment options

Seen as a sign of weakness or a character flaw

- Build more compassionate, inclusive and supportive environments
- Practice self-care and lead by example

Cost

- Develop and implement an employee well-being culture
- Develop a robust EAP
- Consider implementing Mental Health Collaborative Care treatment*

How do I know whether someone is experiencing a mental health issue?

- **Sometimes, you may not know, and remember, you are not responsible for someone else's thoughts or behavior**
 - Educate yourself and your teams on mental health awareness
 - Take the time to listen to family members, friends, neighbors, colleagues and coworkers.
 - Be courageous, be compassionate and ask if you have concerns about someone
 - Be a good listener-active listening, non-judgemental
 - Access and share resources

What do some mental health issues look like?

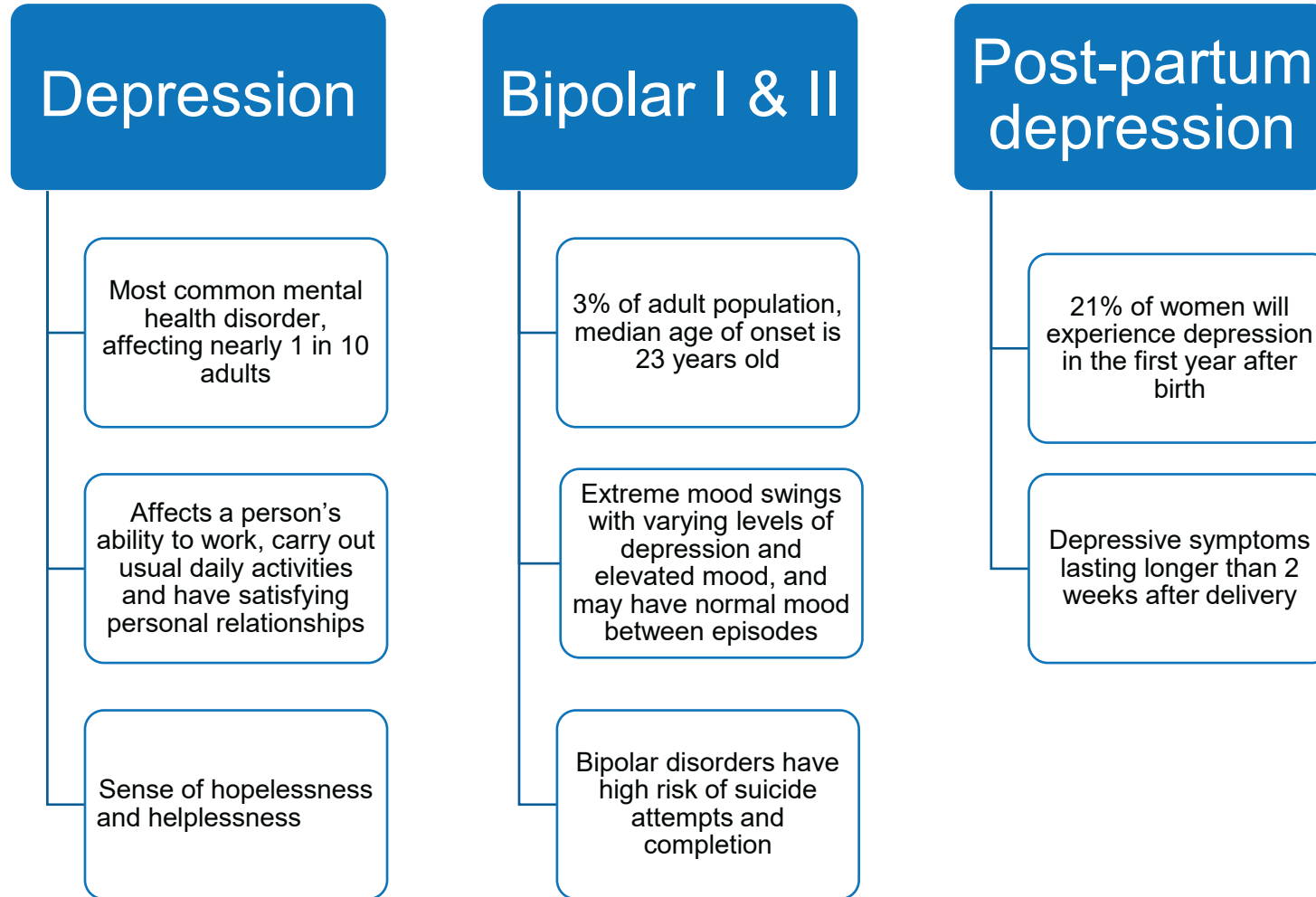
Mental Health disorders come in all shapes, sizes and walks of life, and do not discriminate based on age, race, gender or nationality, though some individuals are at increased risk than others.

It's important to remember, you are not here to diagnose or treat but to provide support for any individual who may be experiencing a mental health issue

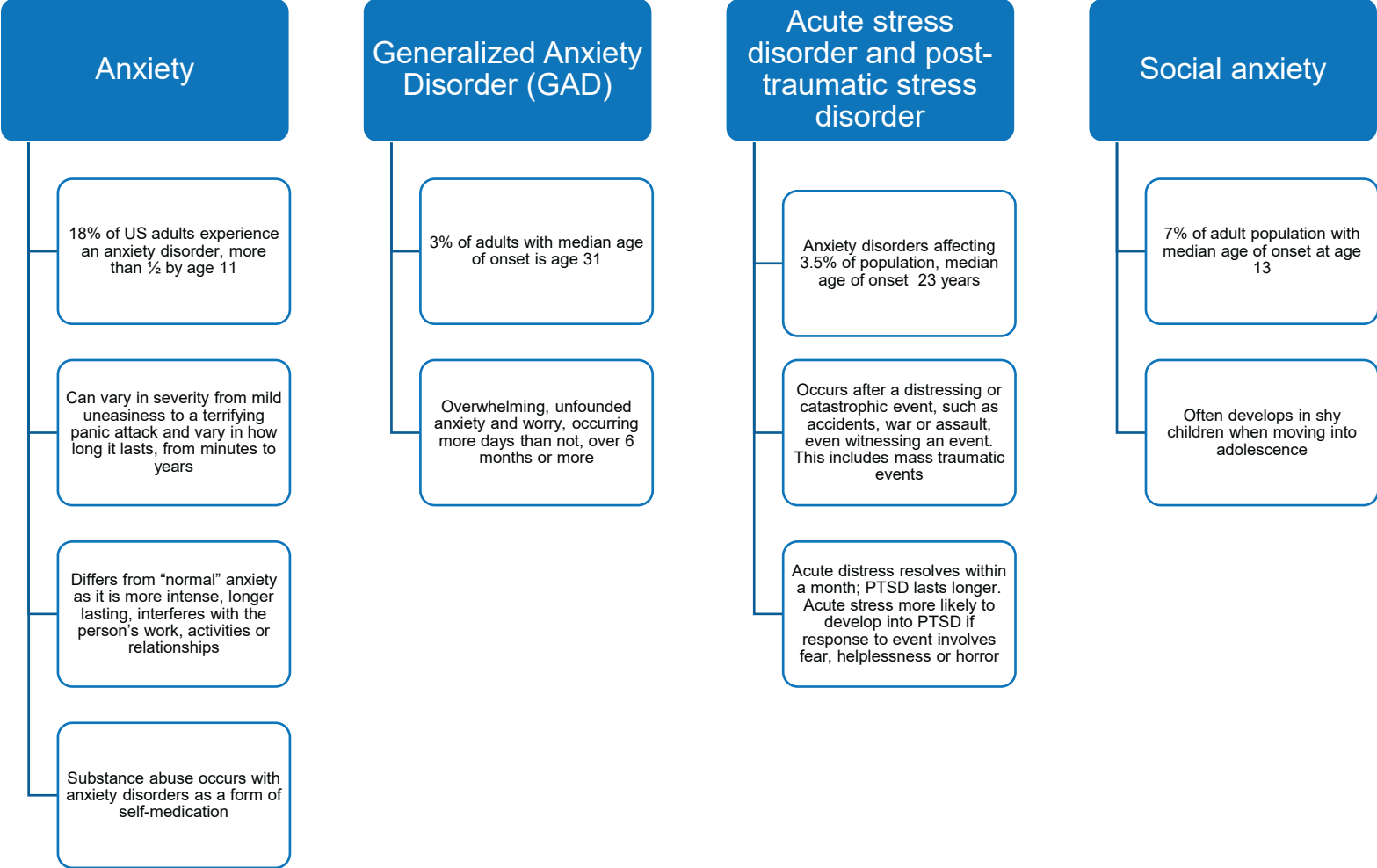
The most important sign is to be aware of a change (can be subtle or dramatic) in an individual's "**usual**" pattern of work, interaction, appearance or demeanor

FBI profiler discussed how to identify an individual who may be at risk of workplace violence-#1 thing is to observe for changes in usual behavior or communication

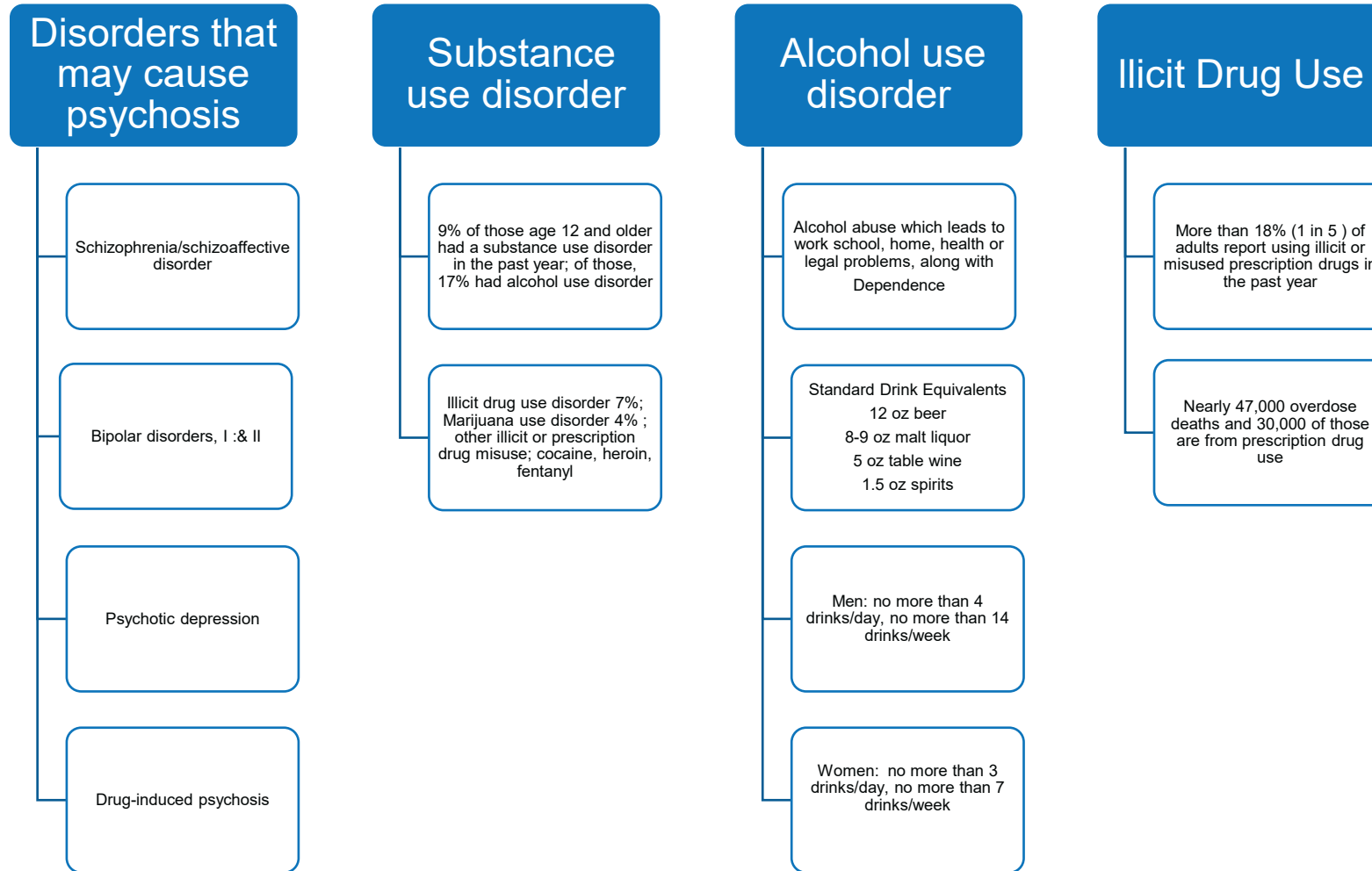
Mood Disorders



Anxiety Disorders



Psychosis and Substance Use Disorder



What you may notice in a family member, friend or coworker

Change in attitude about work or refusing to take on new projects; negative disposition or talking in negative terms

Arriving late to work or for meetings, leaving early or frequent call in's

Not meeting deadlines or finishing projects on time

Change in appearance, being unkempt or not as "put together" as usual, noticeable weight loss or gain

Irritability with colleagues, quick to anger or extreme mood swings from very happy to very sad in a short time frame

Withdrawn from usual interactions, not going to lunch or attending usual work functions or participating in usual hobbies

Tearful or over-sensitive to minor situations or lack of emotional response to sad or happy situations

Verbalizing sadness, hopelessness or feelings of worthlessness

Change in communication from a positive to a cynical or negative conversations

Why won't individuals get help and am I part of the problem?

Stigma involves negative attitudes (prejudice) and negative behavior (discrimination) about and towards individuals with a mental health issue

Stigma can lead to exclusion of people with mental health problems from employment, housing, social activities, and relationships,

Some mental health issues may cloud the individual's thinking and rational decision-making that prevents good insight to their issues.

People are often ashamed to discuss mental health problems and may hesitate to seek help due to concerns about what others may think.

People with mental health problems may internalize the stigma to begin to believe the negative things others say about them or others with similar mental health challenges.

Professional or other support services are not always available when a mental health problem arises.

Risk factors for poor mental health in the workplace.

Lack of variety or short work cycles, under-use of skills, high uncertainty

Work overload or under-load, high levels of time pressure, continual subjection to deadlines machine pacing

Low participation in decision-making, lack of control over workload or pacing

Shift work, night shifts, inflexible work schedules, unpredictable hours, long or unsociable hours

Inadequate equipment available, suitability or maintenance, poor environmental conditions, such as space, poor lighting or excessive noise

Poor communication, low levels of support for problem-solving and personal development, lack of definition or agreement on organizational change, high competition for scarce resources, over-complex bureaucracies

Social or physical isolation, poor relationships with superiors, interpersonal conflict, harmful work behaviors, lack of (perceived or actual) social support; bullying, harassment, mobbing; microaggressions

Role ambiguity, role conflict and responsibility for other people

Career stagnation and uncertainty, under-promotion or over-promotion, poor pay, job insecurity, low social value of work

Conflicting demands of work and home, including for persons with caregiving responsibilities, low support at home, dual career problems, living at the same site where the work is odious, living away from family during work assignments

How do I promote Mental Health Care?

Stigma is one of the biggest barriers

- Challenge myths and stigma around mental health and mental health disorders

Adopt an attitude of acceptance

- Respect the other person's feelings, personal values and experiences as valid, even if different from your own

Be Genuine

- Body languages and verbal cues convey a sense of acceptance and not-judgement

Show empathy, not sympathy

- Imagine yourself in the other person's place, show them they are truly heard. Sympathy means feeling sorry for them and they usually aren't wanting "pity".

Practice communicating with respect and acceptance

Ask questions

- Encourage the individual to share what they are experiencing. Check your understanding and restate what the individual has said and summarize facts and feelings

Listen

- Actively listen...Hear not only what is said but also how it is said by the tone of their voice or their nonverbal cues. Maintain an open posture and lean in without encroaching on their personal space

Keep the conversation going

- Show you are hearing what is being shared by saying “I see” or “ah” to encourage continued sharing.

Be patient, don't interrupt, don't be critical

- Pauses and silences are ok... while it may be uncomfortable, it gives the individual time to think about what is being said. Avoid phrases like “pull yourself together” or “cheer up”. Don't blame the person for their feelings.



Practice communicating with respect and acceptance

Offer accommodations

- Regular supportive meetings with supervisors, or communication according to the preferences on how to receive information (written or verbal)

Scheduling

- Offer frequent breaks or extra time allowance for completing tasks, or “quiet” time for uninterrupted or no distractions to complete work

Job description

- Try gradually reintroducing tasks or jobs, or offer sharing tasks until fully integrated into role or job change or after hospitalization

Physical environment

- Access to private space for “time out or down time”, or refrigerator for medication.

Train your teams, especially people managers

Training workers in mental health literacy and awareness will improve mental health-related knowledge and attitudes at work, including stigmatizing attitudes

Enables workers to support themselves or colleagues appropriately (through identifying signs of emotional distress and taking appropriate action such as seeking or facilitating help from formal or informal sources.

Training should be offered preferably during working paid hours, which displays the value and importance you/your company places on the emotional wellness of the company.

Senior leadership needs to be involved at the ground level to encourage workers to utilize the training and culturally sustain the effects of the training

Train and monitor available resources and leverage internal communication, i.e. inter-web, work email, etc. to provide useful information and links to resources

Train and appointment a designated team member for coworkers to contact with any concern, issue or problem, physical or emotional

Make sure your EAP actually has available, in-network providers who have appointments in a reasonable time (4-6 weeks is expected)

Leverage your health insurance carrier to make sure mental health coverage is parallel in cost to PCP visit. If not, prioritize coverage for mental health visits and hospitalization

Consider supplementing your EAP program with an additional mental health support such as the Mental Health Collaborative that pairs a community psychiatrist with a designated primary care provider to offer customized mental health care

Review your company's guidelines or policies to see whether they are written with inclusivity and equity.

Consider on-site or nearsite health care for your team members to improve health outcomes, and control overall health care costs, especially mental health



Examples of conversations when you have concern about someone

- *For the past (day/week/month/year, it seems like you have been feeling (unlike yourself/sad/angry/anxious/moody/agitated/lonely/hopeless/fearful/overwhelmed/distracted function much or get out of bed) How are you doing?*
- *You seem to be struggling with your (breakup/divorce/job stress/job loss/new job/death of a loved one/housing issues/death of a pet/recent health diagnosis/friendship falling apart/finances), is there anything I can do to help? Do you feel like talking?*
- *I've noticed your (changes in appetite/changes in weight/loss of interest in things you used to enjoy/lack of energy/increased energy/inability to concentrate/alcohol or drug use or abuse/self-harm/skipping meals/overeating/guilt/paranoia/lack of sleep/sleeping too much/risky sexual behavior/overwhelming sadness/anger/rage/isolation/cutting/talk of suicide) and I'm really worried about you. Do you feel like talking about things?*

Examples of conversations when you have concern about someone

- *Talking to you about this makes me feel really (nervous/anxious/hopeful/embarrassed/empowered/pro-active/self-conscious/guilty), but I'm telling you this because (I'm worried about you/it is impacting our relationship/I am afraid/don't know what else to do/don't know if anyone else has talked to you about this). You've been missing several days of work each month and you've been late to a few meetings. Can we talk about things?*
- *I would like to help you (talk to a health care provider/therapist/a guidance counselor/figure out what to do/talk about this later/create a plan to get better/talk about this more/find a support group) What can I do?*
- *I see you've been really (sad/angry/anxious/moody/agitated/lonely/hopeless/fearful/overwhelmed/distracted/talking negatively or sounding upset) and it scares me. I don't know what to do to help. Will you please talk with me about this, so I know you're safe?*

Don't forget about you!

Practice self care and lead by example-take that walk at lunch and ask some coworkers to join you, or walk the dog every day after work, add a few more veggies and fruits to your diet, say no to the 3rd glass of wine, try something new and enroll in a yoga or meditation class, start a new hobby like scrap-booking or join a writer's workshop

Develop healthy coping strategies, enroll in a course on managing stress and anxiety, bring in an outside source for presenting a course to team members on stress management or mindfulness, such as "Stop Stress This Minute"


Commit to 7-8 hours of sleep each night, turn off devices, including the TV, at least 1 hour prior to bedtime, make your bedroom cool (around 72 degrees) only for sleep and sex, limit and reduce social media exposure to no more than 30 minutes (total) each day, schedule 1:1 time with your partner, children, friends



Emotional Wellness Collaborative Care



Mental Health Collaborative Care



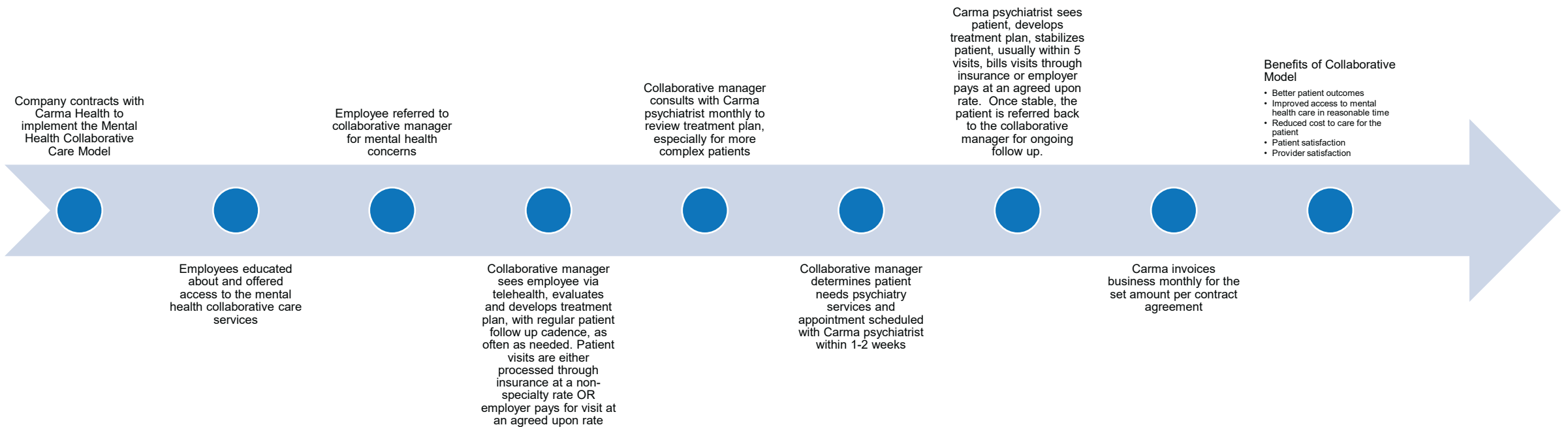
A patient care model of providing mental health services to employees through integrating psychiatric consultation and collaboration with the primary care and collaborative manager who is caring for the patient

The collaborative manager, a primary care or mental health nurse practitioner or physician assistant, works with the employer to offer medication management and brief talk therapy to employees via telehealth. Those employees are managed by the MHNP/PA, and more complex patients are placed on a Care Team. The Care Team patients are discussed with the psychiatrist on a monthly call with the psychiatrist, who together develop a detailed treatment plan. If needed, the patient is referred to the psychiatry office for an appointment within 1-2 weeks. Once stable, the patient returns to the MHNP/PA for follow up and ongoing medication management.

The prospective company contracts with the community psychiatric service, Carma Health, for a monthly fee. The collaborative manager sees the employee/patient on a regular cadence, as often as needed, for medication management and brief talk therapy, and together with the patient develop a treatment plan. The collaborative manager consults with the psychiatrists monthly to review the treatment plan. If/when needed for treatment resistant patients or those with specific diagnoses, the collaborative manager refers the patient to Carma Health for psychiatric services. The Carma Health psychiatrist sees the patient, average of 5 visits, once stable the patient is referred back to the collaborative manager for ongoing follow up and management.



Why won't individuals get help and am I part of the problem?



Stress Management Course

Stop Stress This Minute
Build Your Resilience Now

A 6 week stress management course led by a Mental Health Nurse Practitioner that teaches how to evaluate the underlying cause of an individual's stress, tools to reframe perspective on and around stress, and tools to manage stress and develop resiliency

Benefits to employee is reduced stress, better coping skills to manage stress and overall improved mental and physical health



Connectedness Resiliency Hopefulness



Why promote mental health awareness?

Providing mental health awareness in the workplace can equip an organization's employees with the knowledge and skills to:

- Recognize people who may need mental health support
- Respond appropriately
- Facilitate getting these individuals the help they need

There are numerous benefits for organizations that implement mental health awareness, alongside broader efforts to support employees' mental wellbeing. These employers can:

- Reduce healthcare costs for their businesses and employees
- Reduce turnover, disengagement, and days off work
- Identify and address employee issues before they become critical
- Create a healthier workplace and community

Employers seeking to support employees' mental health should also review and adapt organizational policies and practices to promote a healthy work environment

The value of emotional wellness?

The impact of mental illness at your company is likely tied directly to the effects of poor work quality and lost productivity. Ask yourself, what is the business impact if workers are not at their best the quality or quantity of work suffers? What can be gained when employees are performing at their peak levels, are fully engaged, and emotionally and physically healthy?

The size of the problem of mental health conditions is greater than the volume of investment to address it. The WHO global strategy on health, environment and climate change identifies workplaces as essential setting for the prevention of a range of modifiable risks, particularly for non-communicable diseases.

The value of emotional wellness?

The bottom line is this: as an employer, you can't afford to ignore mental health. Investing in the mental health of your employees is central to taking care of your biggest asset — your workforce. There are measurable returns on that investment.

Questions?

Connect people to resources

Suicide Hotline

988 call or text

988lifeline.org

NAMI-National Alliance on Mental Health

<https://www.nami.org/Home>

Mental Health First Aid

<https://www.mentalhealthfirstaid.org/>

SAMSHA

<https://www.samhsa.gov/>

CDC

<https://www.cdc.gov/mentalhealth/>

Trans Lifeline

877-565-8860

National Domestic Violence Hotline

800-799-7233 or text LOVEIS to 22522

National Child Abuse Hotline

800-422-4453

Disaster Distress Helpline

800-985-5990

Connect people to resources

Suicide Hotline	988 call or text	988lifeline.org
Mental Health Emergency	911 or request a mental health officer to perform a welfare check OR go to the closest emergency room	
Local Mental Health/Behavioral Health Authority Crisis Number		Dial 211, option 8
www.211texas.org		
hhs.texas.gov/services/mental-health-substance-use/mental-health-crisis-services/		
Crisis Text Line	www.crisistextline.org	Text "HELLO" to 741741
Veterans Crisis Line	www.veteranscrisisline.net	800-273-8255 (TALK), press 1 or text 838255
Cross Creek Hospital	www.crosscreekhospital.com	512-823-0570
Austin Oaks Hospital	www.austinoakshospital.com	512-610-1492
Seton Mind Institute	www.healthcare.ascension.org/	512-324-2000
Rock Springs Health	https://rockspringshealth.com	
Integral Care	www.integralcare.org/en/home	512+472-4357 (HELP)
Bluebonnet Trails	www.bbtrails.org	800-841-1255
Settlement Home for Children	www.settlementhome.org	512-836-2150
Pathlight Mood & Anxiety Center	https://www.pathlight.com	866-718-8992
Center for Discovery Austin	www.centerfordiscovery.com	737-237-7356
Austin State Hospital	https://mentalhealthtx.org	512-452-0381

Connect people to resources

Suicide Hotline

988 call or text

988lifeline.org

American Association of Suicidology

www.suicidology.org

American Foundation for Suicide Prevention

www.afsp.org

Brain & Behavior Research Foundation

www.bbrfoundation.org/

Mental Health America

<http://www.mentalhealthamerica.net/mental-health-screening-tools>

Depression Screening

www.depression-screening.org

MoodGYM

www.moodgym.anu.edu.au

National Council for Behavioral Health

www.TheNationalCouncil.org

National Institute of Mental Health

www.nimh.nih.gov

Connect people to resources

Anxiety and Depression Association of America

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<http://www.adaa.org/understanding-anxiety/panic-disorder-agoraphobia/symptoms>

Anxiety Panic Attack Resource Site

www.anxietypanic.com

Benson-Henry Institute for Mind Body Medicine

<http://www.massgeneral.org/bhi>

E-couch

www.ecouch.anu.edu.au

Freedom from Fear

www.freedomfromfear.org

Mental Health America

www.mentalhealthamerica.net

Connect people to resources

National Council for Behavioral Health

www.TheNationalCouncil.org

Obsessive-Compulsive Foundation

www.ocfoundation.org

Texas Health and Human Services

www.hhs.Texas.gov/services/mental-health-substance-use/adult-mental-health

Behavioral Health Awareness

www.mentalhealthtx.org/learn/

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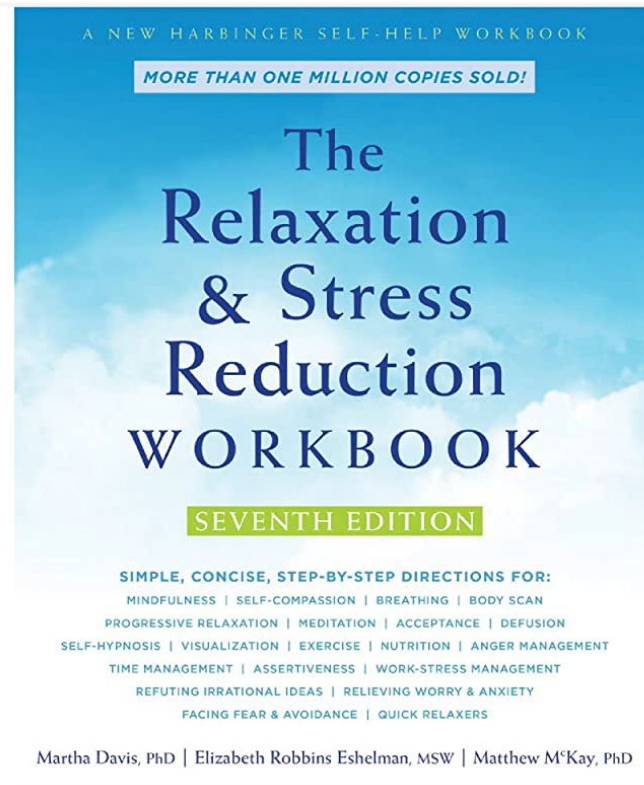
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Questions & Answers

- Use the chat box to share what you learned in the breakout session or to send your questions to our speaker.
- A moderator will read questions as they are submitted.



Resource Spotlight



Closing Announcements

- Thank you to our speaker – Dr. CeCe Noll
- Today’s presentation will be posted to the MHFC website.
- Session evaluation in the chat box or QR code.
- Don’t forget to submit a 2023 Employer Commitment Form – link to online form can be found on the announcement email.



See you at our next meeting on August 4, 2023.