



A business outreach initiative of Mental Health America of Wisconsin

**FALL 2008**

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## **FEATURED ARTICLES**

### **Workplace Depression: Back from the Brink**

Advice from an expert who has been there... and back.

[More Details](#)

More Americans suffer from depression than coronary heart disease (12 million), cancer (10 million) and AIDS (1 million) combined. (1)

### **Buyouts, Layoffs Can Be Toxic to Mental Health**

Voluntary buyouts offered to American workers at every level of the job ladder may be just as disturbing to health - mental or physical - as getting fired. [More Details](#)

20 percent of the American workforce experiences some form of mental disorder - depression and substance abuse are among the most common problems. (2)

### **Foreclosure May Become a Health Problem**

Behind the foreclosure numbers are a lot of families under severe stress. A family in Tracy, Calif. explains how their financial problems are impacting their health. [More Details](#)

### **Workers with Mental Illness Fear Stigma**

Are they violent? Is the work too stressful? Will they cost a pretty penny in lost productivity, disability checks and expensive accommodations? Robert Charpentier, employment services manager for Programs for People Inc. in Framingham, MA, has been asked all of these questions. Charpentier says that for the vast majority of people living with a psychiatric disorder, the answers are simple: No. [More Details](#)

## **TOOLS AND RESOURCES**

*Healthy Mind Connection* provides education and resources to assist businesses in addressing mental health issues in the workplace.

- [Brochures](#)
- [Fact Sheets](#)
- [Information and assistance](#) services
- [Access](#) to the latest data and best practices related to workplace mental health
- Business focused [presentations](#) and training
- Free, anonymous and confidential online [mental health screening](#)
- Mental Health Care [Provider Search](#) for Southeastern Wisconsin

## **UPCOMING EVENTS**

**Friday, October 10, 2008**

Friday October 10<sup>th</sup> is National Depression Screening Day and is the perfect time to let employees know this service exists. There are several cost efficient ways a company can do so:

- Print and use the [half-page flyer](#) as a payroll or mailbox stuffer.
- Send the information via email to employees.
- Place a [flyer](#) in an employee lounge or break area.
- Use in conjunction with and as an opportunity to remind employees about an already existing wellness and/or EAP services.
- Your company can also contact Mental Health America of Wisconsin at (414) 276-3122 for additional information and resources including brochures and presentations.

### **Out of the Darkness Community Walk is October 11**

The America Foundation for Suicide Prevention will hold their annual Out of the Darkness Community walk on October 11. The walk will raise money for vital research and education programs to prevent suicide and save lives, increase national awareness about depression and suicide, and assist survivors of suicide loss. The southeastern Wisconsin walk, which is 3-5 miles, will take place at Grant Park in South Milwaukee. To register, visit the American Foundation for Suicide Prevention web site at <http://www.afsp.org/> or contact Jessica Borkowski at (414) 379-3975 or Email: [dborkowski@wi.rr.com](mailto:dborkowski@wi.rr.com)

### **National Survivors of Suicide Day is November 22**

*Program to reach more than 130 conference sites*

On Saturday, November 22, the American Foundation for Suicide Prevention will sponsor its 10<sup>th</sup> annual National Survivors of Suicide Day, reaching out to tens of thousands of people who have lost a loved one to suicide. All local conferences will join in the 2008 broadcast from 12:00 p.m. to 1:30 p.m. MHA will be sponsoring a site in the Milwaukee area. Information will be posted on our web site at <http://www.mhawisconsin.org/> as we move closer to the event.

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Need information to help your company become a mental health friendly workplace?

Are you a small business without an EAP?

Do you have limited funds for programming and resources?



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For a nominal fee Healthy Mind Connection offers resources, presentations and consultation services that address:

- **The connection between productivity, health care costs and mental wellness.**
- **The training needs of both management and employees.**
- **The growing desire for a mental health friendly workplace.**

For more information:

(414) 276-3122

[becky@mhawisconsin.org](mailto:becky@mhawisconsin.org)

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If there are any topics that you would like to see covered in future newsletters or would like to receive more information about please contact Becky (Wittig) Michelsen at (414) 276-3122 or [becky@mhawisconsin.org](mailto:becky@mhawisconsin.org).

*The Healthy Mind Connection e-newsletter offers summaries of and links to the latest news and views in the mental health field. Coverage of news items in this publication does not represent HMC or MHA-Wisconsin's support for or opposition to the stories summarized or the views they express.*

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(1) American Foundation for Suicide Prevention (n.d.) Facts and Figures: National statistics. Retrieved on September 19, 2008 from <http://www.afsp.org/>

(2) Cullen, L. (2007). One in five American workers suffer mental illness. Retrieved on May 17, 2007 from [http://time-blog.com/work\\_in\\_progress/2007/01/one\\_in\\_five\\_american\\_workers\\_s.html](http://time-blog.com/work_in_progress/2007/01/one_in_five_american_workers_s.html)

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