**Employee Support Resources**

**Overview**

This resource guide provides employees with comprehensive access to mental health and burnout support services, including internal and external resources, self-assessment tools, and confidential counseling services.

**Directory of Mental Health and Support Services**

**Internal Resources:**

* **HR Wellness Support:** Contact HR directly for personalized support and resources.
* **Employee Assistance Program (EAP):** [Provide Contact Information Here] Confidential professional counseling services available to all employees.
* **Wellness Webinars and Workshops:** Regularly scheduled sessions on managing stress, resilience, and overall wellness. [Link or schedule here]

**External Resources:**

* **Mental Health America:** https://www.mhanational.org – Tools and resources for mental health support.
* **National Suicide Prevention Lifeline:** Call or text 988 for immediate support.
* **Crisis Text Line:** Text HOME to 741741 for 24/7 crisis support via text.
* **BetterHelp Online Therapy:** https://www.betterhelp.com – Online counseling and therapy.

**Burnout Self-Assessment Guides**

**Self-Assessment Tools:**

* **Online Burnout Quiz:** [Provide Link] Brief questionnaire for initial burnout self-assessment.
* **Burnout Checklist:** A printable resource to self-identify burnout symptoms and severity. [Provide Link or Document]

**Steps for Self-Assessment:**

1. Take the provided self-assessment quiz or checklist.
2. Review your results to gauge burnout risk and severity.
3. If high risk is identified, utilize internal or external support resources immediately.

**Confidential Counseling and EAP Access**

**Employee Assistance Program (EAP):**

* **Availability:** 24/7 confidential counseling and support.
* **Contact Information:** [Provide Phone Number, Email, or Online Access Information]
* **Services Offered:**
  + Individual counseling sessions
  + Group counseling and workshops
  + Immediate crisis intervention

**How to Access Support:**

* **Immediate Needs:** Contact the EAP or crisis lines directly.
* **Scheduled Support:** Arrange appointments through EAP services or HR wellness teams.

**Additional Support:**

* Regular wellness and mental health updates shared via internal communication channels.
* Anonymous suggestion and feedback forms for continuous improvement of mental health resources.