

# AT-WORK COGNITIVE BEHAVIORAL THERAPY PROGRAM TOOL KIT



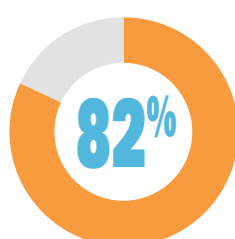
## COGNITIVE BEHAVIORAL THERAPY (CBT)

is a psycho-social intervention that aims to improve mental health. CBT focuses on challenging and changing unhelpful cognitive distortions and behaviors, improving emotional regulation, and the development of personal coping strategies that target solving current problems.

—Wikipedia

**66%** of responding employers offer access to **ONLINE RESOURCES AND TOOLS** as a mental health/substance abuse benefit.

[Review International Foundation's *Mental Health and Substance Abuse Benefits—2018 Survey Results*] Membership Required



The most popular additional health benefit offered: **MENTAL HEALTH BENEFITS**

[Review International Foundation's *Employee Benefits Survey—2018 Survey Results*] Membership Required

From busy schedules to fear of stigma, many barriers can prevent employees from seeking help for mental health conditions like depression.

## TELEPSYCHIATRY MAY BE AN EFFECTIVE STRATEGY FOR OVERCOMING SUCH CHALLENGES.

[Read Full Article—*Benefits Magazine*]



### FIVE STEPS

- 1 Define your audience
- 2 Increase accessibility
- 3 Overcome the stigma
- 4 Communicate the program
- 5 Measure effectiveness

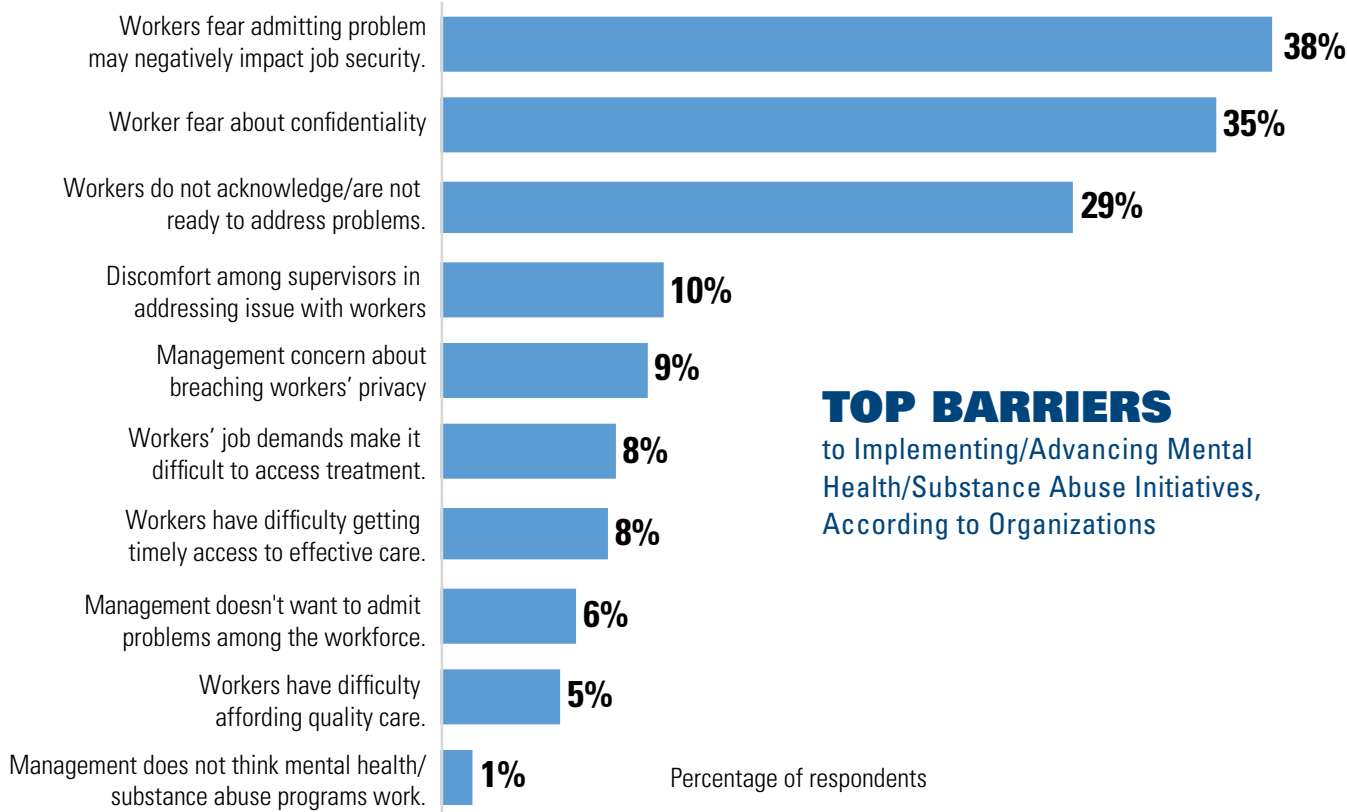
[Read Word on Benefits® Blog]

### WORKING TOGETHER TO ADDRESS MENTAL HEALTH

By promoting collaborative care in the treatment of mental health issues, employers can help their employees receive better care, reducing the negative impact of mental illness on the workplace and health care costs.



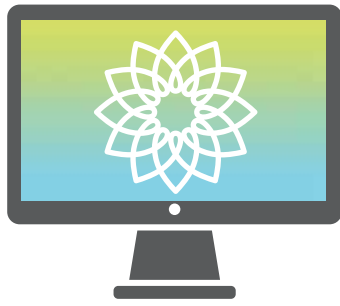
[Read Full Article—*Benefits Magazine*]



### TOP BARRIERS

to Implementing/Advancing Mental Health/Substance Abuse Initiatives, According to Organizations

[Review International Foundation's *Mental Health and Substance Abuse Benefits—2018 Survey Results*] Membership Required



### THE IMPACT OF ONLINE CBT:

A New Way to Support Mental Health and Decrease Costs

[View Webcast] Membership Required

### EMPLOYEE STRESS

[Listen to Podcast—*Talking Benefits*]



### AS THE LABOR FORCE BECOMES INCREASINGLY MOBILE AND ISOLATED,

so too have employers seen a rise in mental health disorders among employees—including high-performing and younger workers. CBT, in person or online, may provide a path for employers looking to help employees return to health and productivity.

[Read Full Article—*Plans & Trusts Magazine*]

