

# MENTAL HEALTH

## CREATING A STIGMA-FREE WORKPLACE

Wednesday, March 16, 2022

Discussion: 9-9:30 a.m. EDT | Q&A for Employers: 9:30-10 a.m.



**Nicholas Emeigh**

Director of Outreach & Development  
NAMI Bucks County PA  
National Alliance on Mental Health

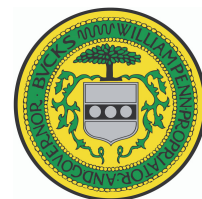
Join the Department of Workforce and Economic Development and PA CareerLink® Bucks County for a WED Talk about the importance of employee well-being in the workplace. This year, one in five workers will experience some form of mental illness, such as depression, anxiety, or burnout. Eight out of 10 will not seek treatment because of the stigma associated with mental illness, while others do not know where to turn. Either way, these employees will suffer in silence. As the leading cause of disability worldwide, unresolved depression costs the U.S. economy \$210.5 billion per year in absenteeism, lost productivity, and medical costs. While many companies have anti-discrimination policies in place, the stigma persists. But it doesn't have to.

Nicholas Emeigh will discuss how thoughtful policies that address mental and physical health and provide support and resources for employees can have a measurable impact on increasing productivity, reducing absenteeism, and creating a workplace where employees are healthier and happier. Attendees will learn how to identify stigma in the workplace along with signs of burnout, create company policies regarding mental health, effectively support employee mental health, and decrease and prevent mental health stigma in the workplace.

**WED**Talks

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Registration link (click or copy): <https://attendee.gotowebinar.com/register/8285704544029618960>