



Discussion Questions for Employees

- How do mental health challenges impact employees' ability to work, and how can employers address these challenges?
- In what ways can a poor work-life balance contribute to mental health issues among employees?
- How might remote work, as experienced during the COVID-19 pandemic, affect mental health differently than traditional office settings?
- In what ways can employers combat discrimination at both individual and structural levels to support employees from underrepresented groups?
- How can mental health benefits packages impact both employee and organizational performance?
- How might the inclusion of mental health in healthcare plans address the economic burden of mental health issues on businesses?
- What role do organizations play in raising awareness about mental health, and how can they contribute to reducing the stigma associated with mental health conditions?
- How do demographic factors influence the prevalence of mental illness, and what implications does this have for workplace mental health initiatives?
- How did legislative acts like the National Mental Health Act, Americans with Disabilities Act (ADA) and the Affordable Care Act (ACA) shape mental health policies and support for individuals with mental illnesses?
- In what ways have the historical milestones in “5 Turning Points in Mental Health Awareness” paved the way for advancements in mental healthcare and influenced societal attitudes toward mental health?