

2022 HRCC Conference

14 - 15 Sep 2022

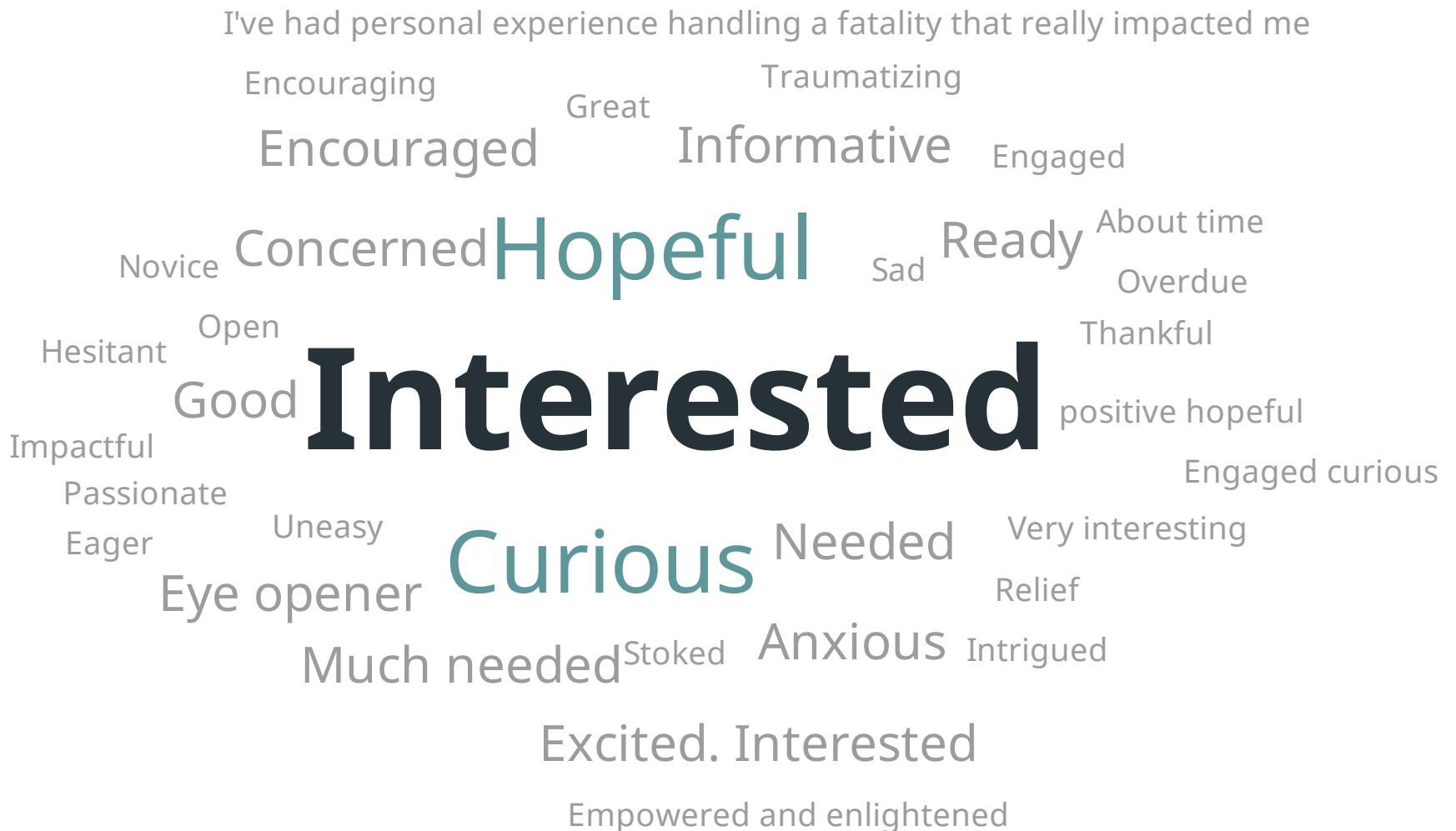
Poll results

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- In 1-2 words, describe how you're feeling about today's session on mental health?
- What is the first thing you think of when you hear the words "mental health"?
- Have you experienced challenges to your mental health and wellbeing in the past year?
- What have been the greatest challenges to wellbeing you've faced this past year?
- How comfortable is it to talk about mental health at home with family?
- How comfortable is it to talk about mental health at work with coworkers?
- How comfortable is it to talk about mental health with friends/peers?
- Does your organization have an Employee Assistance Program (EAP)?
- What I know about my organization's EAP:
- My organization has lost an employee (or family member) to suicide or an overdose?
- Where is your company at with your mental health and wellbeing "journey"?

In 1-2 words, describe how you're feeling about today's session on mental health?

0 4 8



What is the first thing you think of when you hear the words "mental health"?

050

The presence or possibility of mental illness



The absence of mental illness



Have you experienced challenges to your mental health and wellbeing in the past year?

051

Yes, for myself



Yes, for family member(s)



Yes, for myself AND family member(s)



No



What have been the greatest challenges to wellbeing you've faced this past year?

003

Grief - lost someone special

0 %

Stress/Anxiety/Worry

100 %

Family and/or relational struggles

33 %

Financial pressures

0 %

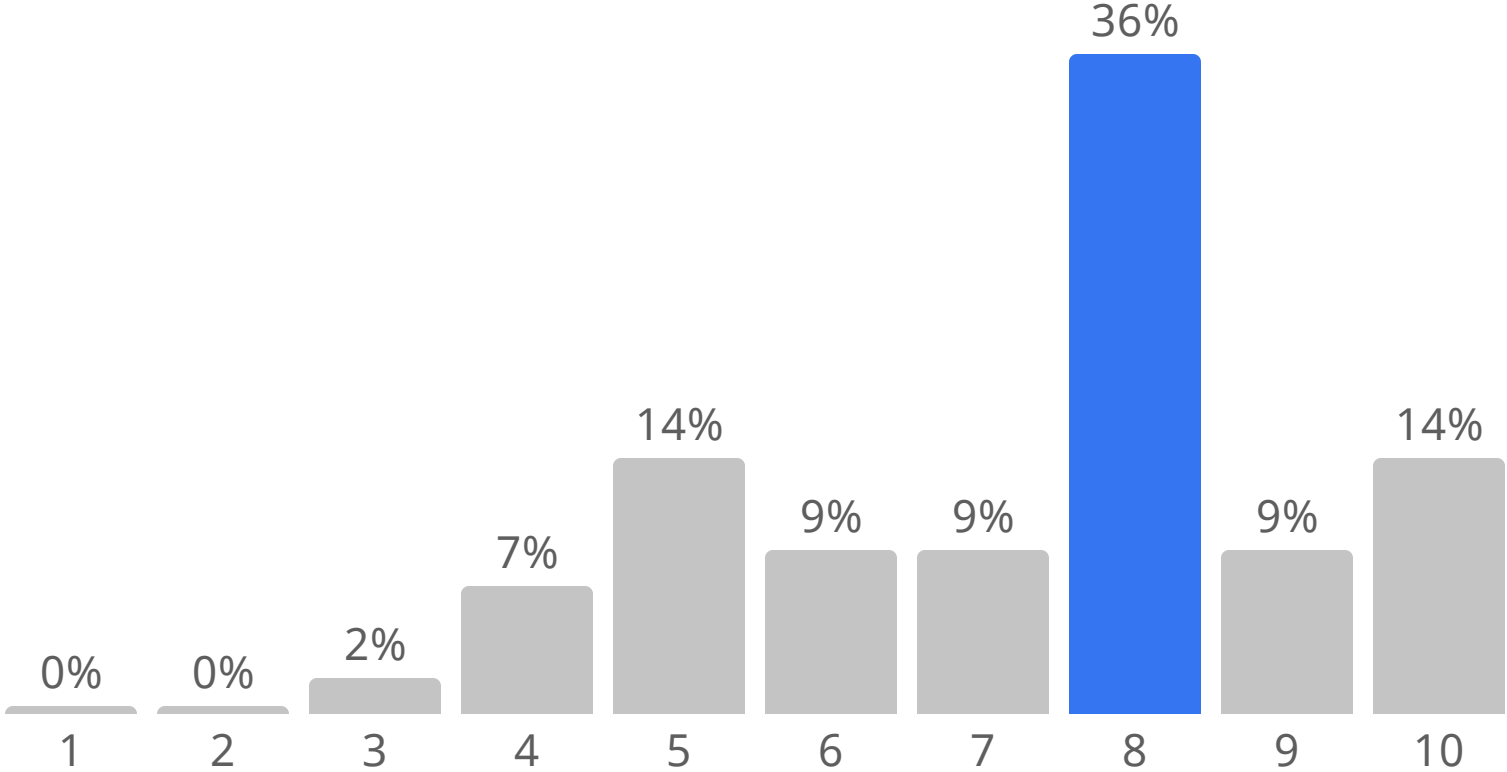
Increased substance use

0 %

How comfortable is it to talk about mental health at home with family?

0 4 4

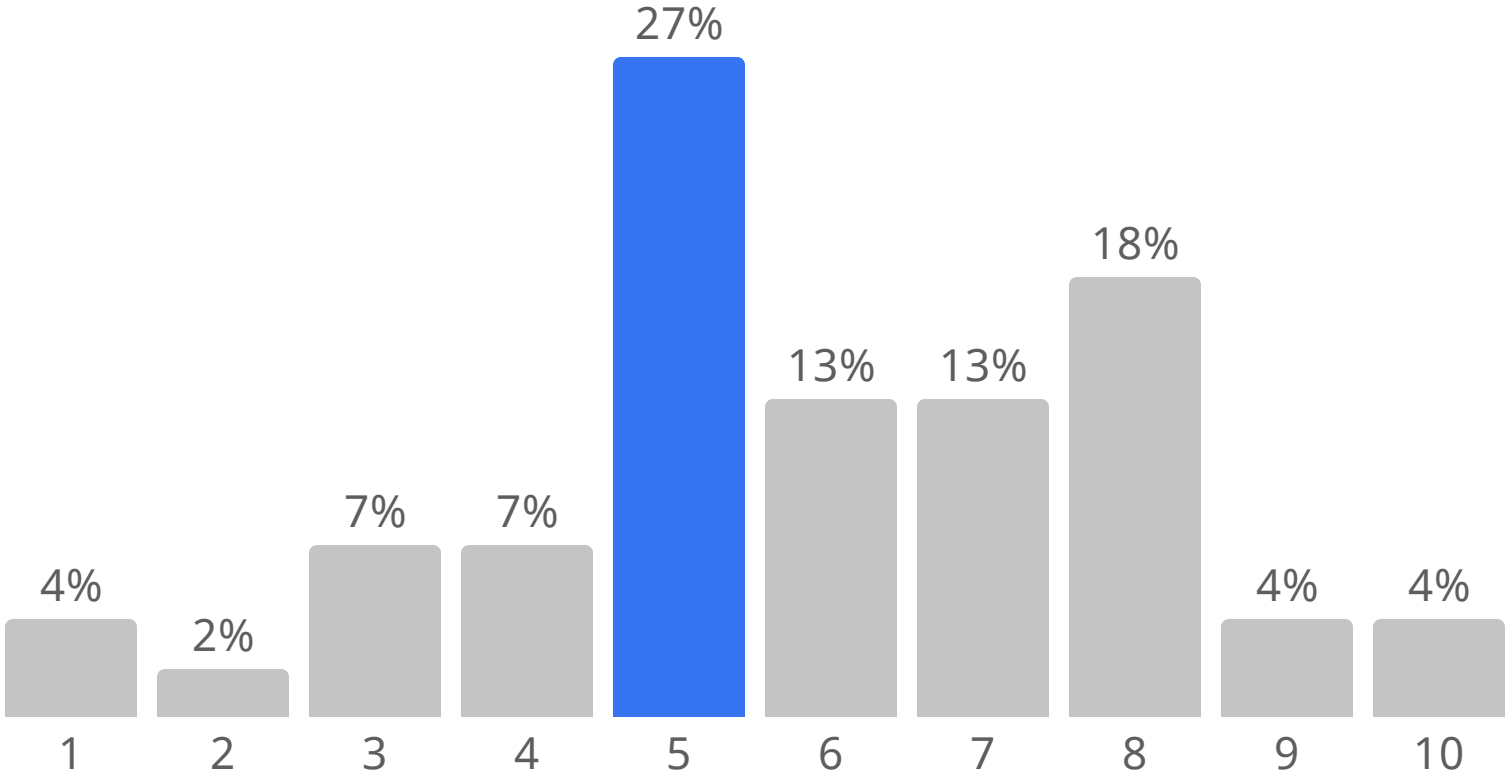
Score: 7.3



How comfortable is it to talk about mental health at work with coworkers?

0 4 5

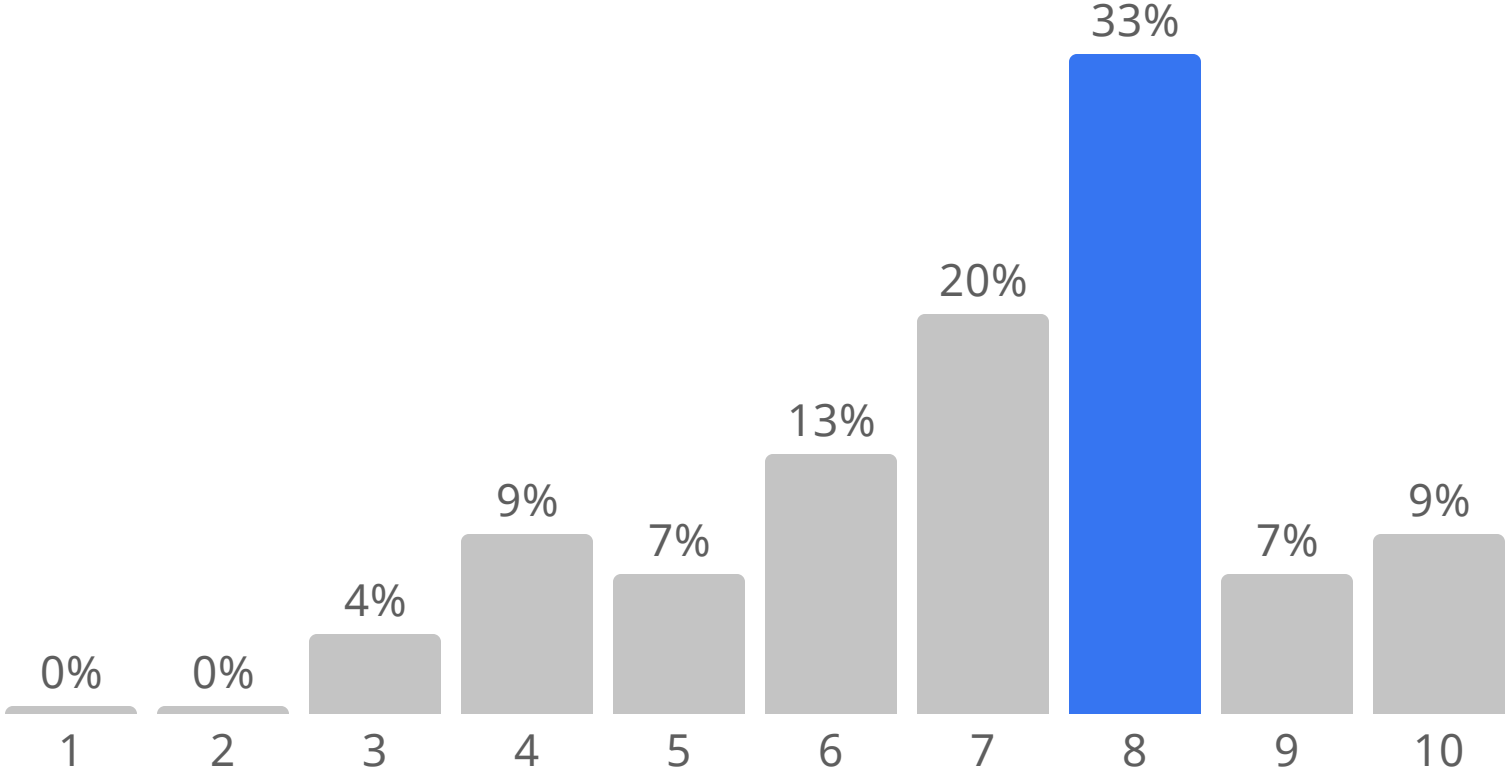
Score: 5.9



How comfortable is it to talk about mental health with friends/peers?

0 4 6

Score: 7.0



Does your organization have an Employee Assistance Program (EAP)?

0 4 2

Unsure

5 %

Yes

86 %

No

10 %

What I know about my organization's EAP:

0 4 2

We don't have an EAP



I do NOT know the name or have contact info on the EAP



I have the name and contact info loaded into my smartphone



We've shared info on the EAP and contact info with employees



We've had the EAP come onsite for meetings?



I have seen a Utilization Report from the EAP?



My organization has lost an employee (or family member) to suicide or an overdose?

0 4 4

No to both



Yes to both



Unsure



Yes to suicide; no to overdose



Yes to overdose; not to suicide



Where is your company at with your mental health and wellbeing "journey"?

0 4 6

Have not really started - we're feeling behind



Taking "baby steps" and still "wobbling"



Building a caring culture and getting buy-in from supervisors & employees



A working process has taken root with visible offshoots in programs and resources



Feeling confident that we're connecting employees & families to necessary resources

