



Workplace Thrive: Your Mental Health Toolkit

Resources to Empower Your Team and Strengthen Your Workplace.



Local Resources in Charlotte County

Center for Abuse & Rape Emergencies

Domestic Violence & Sexual Assault Services

☎ 941-627-6000

Centerstone Behavioral Health Services

☎ 24/7 Helpline: 941-782-4150

🌐 centerstone.org

Charlotte Behavioral Health Care

☎ Crisis Line: 941-575-0222

🌐 cbhccfl.org

1700 Education Avenue, Punta Gorda

Department of Health - Charlotte County

Mental Health Resources and Referrals

☎ 941-624-7200

Dubin Center

Alzheimer's caregiver resources

☎ (239) 437-3007

Elite DNA Behavioral Health

☎ 941-249-4354

1777 Tamiami Trail, Suite 201, Port Charlotte

Operation PAR, Inc.

Addiction Treatment

☎ 941-613-0951

Paradise Behavioral Health

☎ 941-347-8341

25097 E Olympia Ave., Ste 201, Punta Gorda

Peace River Psychology Center

☎ 941-505-6162 Punta Gorda

☎ 941-255-5489 Port Charlotte

425 Cross St. #111, Punta Gorda

2525 Harbor Blvd., Ste 208, Port Charlotte

The Center for Progress and Excellence

☎ 844-395-4432 (24/7 Crisis Hotline)

Twin Rivers Pathways

☎ 941-766-0171

4161 Tamiami Trail, Ste 302, Port Charlotte

Valerie's House (Grief Support)

☎ 239-204-5804

🌐 valerieshouse.org

Virginia B. Andes Clinic

Health care for uninsured

☎ 941-766-9570

National Resources

Centers for Disease Control & Prevention

Research/resources for workplace mental health promotion

🌐 www.cdc.gov

Mental Health America

Workplace Mental Health Assessment

🌐 www.mhanational.org

National Alliance on Mental Illness

Workplace guides and toolkits

🌐 www.nami.org

National Suicide Prevention Lifeline

☎ Call: 988 | Available 24/7

📱 Crisis Text: HOME to 741741

Substance Abuse and Mental Health Services Administration (SAMHSA)

Behavioral Health Workforce Toolkit

☎ 1-800-662-HELP (4357)

🌐 www.samhsa.gov

The American Institute of Stress

Tools to manage workplace stress

🌐 www.stress.org

Veterans Crisis Line

☎ Call: 988, then Press 1

📱 Crisis Text: 838255

Family Services Center

Charlotte County Human Services

☎ 941-833-6500

21500 Gibraltar Drive, Port Charlotte

Intake Services, Veteran Services, Aging & Adult Services, Neighborhood Services.

- Check with your payroll company for additional benefits
 - Subscribe to email updates from United Way Charlotte County
 - Explore our website for additional tips and resources designed to support your team.
- 🌐 www.unitedwayccfl.org/academy



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Building stronger, healthier communities for all.

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Ten Strategies for Promoting Mental Health in the Workplace

1

Take Action: Equip Your Team to Support Mental Wellness

Equip your team with mental health training and tools, promote open communication, and implement flexible work arrangements to create a supportive workplace that enhances well-being and work-life balance.

2

Alleviate Financial Stress: Equip Your Team with Confidence

Empower your team by offering resources and workshops on budgeting, saving, and financial planning. Help them build financial stability, reducing stress and improving overall well-being.

3

Mental Health Bulletin Board

Include resources like the United at Work Get Help and the VITA free tax assistance flyers. Order free 988 crisis hotline stickers and make visible throughout your workplace.

4

Regularly Assess Workplace Mental Health

Conduct surveys or assessments to gauge the mental health climate of the workplace. Use the feedback to make necessary adjustments and continuously enhance the environment.

5

Provide Practical Support

Offer resources like a food pantry, quarterly mental health days, or time off for volunteering and Day of Caring.

6

Encourage Wellness Activities

Start a book club, schedule movement breaks, or set up a fun 15-day fitness challenge via Slack or GroupMe.

7

Create Wellness Spaces

Designate a quiet space for relaxation, mindfulness, or focused work, providing your team a space to recharge and stay productive.

8

Invest in Professional Growth

To foster your team's professional growth, consider offering workshops, training sessions, or industry events while also illustrating potential career paths within your organization.

9

Celebrate Milestones and Build Team Spirit

Recognize achievements with birthday time off, and strengthen connections through team-building activities like escape rooms or movie outings.

10

Create a Peer Support Program

Establish a system where employees can connect with trained peers for confidential conversations and support.

