

Together for Mental Well-being: Nonprofits Share Workplace Strategies

Additional Resources

Resources to Encourage Stress Management and Grief Support

- CalHOPE
<https://www.calhope.org/>
- Health and Wellness Resources Curated by Monterey County Behavioral Health
<https://www.co.monterey.ca.us/government/departments-a-h/health/behavioral-health/bh-home/community-resources/health-wellness>
- Blue Avocado Article Working through Grief
<https://blueavocado.org/hr-and-employment-issues/workplace-grief/>
- *Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others*
<https://traumastewardship.com/purchase/>

Communicating with Your Team about Stress and Emotional Wellness

- I See You Video from Workplace Mental Health.org
<https://vimeo.com/100921663>
- Mental Health First Aid Training
<https://aimymh.org/empowering-youth/teen-mental-health-first-aid/>
- Wellness Wheel (Depression and Bipolar Support Association)
<https://www.dbsalliance.org/wellness/wellness-toolbox/dbsa-wellness-wheel/>
- When Purpose Feels Uncertain: Navigating Well-Being in a Humanitarian Sector in Crisis
<https://headington-institute.org/blog/resource/when-purpose-feels-uncertain-navigating-well-being-in-a-humanitarian-sector-in-crisis/>
- Workplaces Respond to Domestic & Sexual Violence – Resources for Employers or Managers
<https://www.workplacesrespond.org/role/employer/>

Assessing Your Organization and Advocating for Workplace Wellness

- U.S. Surgeon General's Framework for Workplace Mental Health & Well-being
<https://www.hhs.gov/sites/default/files/reflection-questions-workplace-mental-health-well-being.pdf>
- American Psychological Association's Actions You Can Take in the Workplace
<https://www.apa.org/topics/healthy-workplaces/mental-health>

Local Resources for Staff/Volunteers

- Ohana Mental Fitness Virtual Classes
www.montagehealth.org/ohanaclasses
- Blue Zones Project
<https://montereycounty.bluezonesproject.com/>

Fun

- 25 Quotes by Famous People if They Had Worked in a Nonprofit (Vu Le blog)
<https://nonprofitaf.com/2016/10/25-quotes-by-famous-people-if-they-had-worked-in-nonprofit/>