

# Hosting a mental health forum in the workplace



## What is a mental health forum?

A mental health forum is a panel discussion hosted by an employer for its employees. The purpose is to open dialogue about mental health, to demonstrate that every person is impacted by mental health, and to share information and resources about mental health.

## How to host a mental health forum:

To host a mental health forum, feature employees (include senior leaders and front-line staff, if possible) that will share their own personal story. Employees may share stories about any mental health issue they have experienced, such as post-partum depression, addiction, or grief, while providing examples of how they overcame their challenges.

Make sure to create a safe environment for people so they feel comfortable sharing.

## Select your panel:

**Facilitator** who can introduce the presenters, keep time, and field questions.

**Three to four employees.** Ask them to tell their story (5-10 minutes each), including how they have overcome their challenges.

**Community-based expert** from a local mental health organization. Ask them to talk about community resources and/or give a brief overview of a mental health topic (5-10 minutes). Ask them to bring handouts.

## Suggested agenda for the forum:

- Introductions by the facilitator
- Employee & community-based expert presentations
- Question & answer session
- Allow 1.5 hours

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