

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

A nonprofit independent licensee of the Blue Cross Blue Shield Association

Our Health Plan complies with federal civil rights laws. We do not discriminate on the basis of race, color, origin, age, disability, or sex. Atención: Si habla español, contamos con ayuda gratuita de idiomas disponible para usted. Consulte el documento adjunto para ver las formas en que puede comunicarse con nosotros. 注意：如果您说中文，我们可为您提供免费的语言协助。请参见随附的文件以获取我们的联系方式。