COGNITIVE BEHAVIORAL THERAPY (CBT) is a psycho-social intervention that aims to improve mental health. CBT focuses on challenging and changing unhelpful cognitive distortions and behaviors, improving emotional regulation, and the development of personal coping strategies that target solving current problems. [Wikipedia]

From busy schedules to fear of stigma, many barriers can prevent employees from seeking help for mental health conditions like depression. TELEPSYCHIATRY MAY BE AN EFFECTIVE STRATEGY FOR OVERCOMING SUCH CHALLENGES. [Read Full Article—Benefits Magazine]

Five Steps
1. Define your audience
2. Increase accessibility
3. Overcome the stigma
4. Communicate the program
5. Measure effectiveness

Top Barriers to Implementing/Advancing Mental Health/Substance Abuse Initiatives, According to Organizations

Percentage of respondents

- Workers fear admitting problem may negatively impact job security: 38%
- Workers fear about confidentiality: 30%
- Workers not comfortable/concerned about discussing issue with worker: 29%
- Management concerned about breaching worker privacy: 10%
- Workers find it extremely difficult to access treatment: 9%
- Workers feel too busy to access treatment: 8%
- Management doesn’t want to address problems with the workforce: 8%
- Workers feel difficult to access quality care: 5%
- Management does not think mental health/substance abuse program works: 1%

The Impact of Online CBT: A New Way to Support Mental Health and Decrease Costs

As the labor force becomes increasingly mobile and isolated, so too have employers seen a rise in mental health disorders among employees—including high-performing and younger workers. CBT, in person or online, may provide a path for employers looking to help employees return to health and productivity. [Read Full Article—Plans & Trusts Magazine]

Employee Stress

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