



May 5, 2023



DOL Launches Mental Health Compliance Resources for Employers and Employees

The Department of Labor launched its “Mental Health at Work initiative” earlier this week in honor of May, which is considered Mental Health Awareness Month. The initiative involves [a new webpage promoting numerous tools and resources](#).

The DOL’s stated goal with this initiative is to “advance wellness in the workforce by reducing stigma and increasing awareness of mental health and wellbeing within workplaces; promoting best practices and compliance by employers; and promoting mental health equity and access, especially for marginalized and vulnerable populations.”

The department’s Mental Health at Work webpage includes [compliance assistance](#) and [best practices](#) for employers, [resources for workers](#) and a [new blog](#) published by the DOL.

IN THIS ISSUE

- ★ [Fast Facts](#)
- ★ [NABIP Submits Written Testimony on Mental Health Network Adequacy](#)
- ★ [NABIP Submits Written Testimony on Prescription Drug Costs](#)
- ★ [NABIP Submits Recommended Changes to 2024 “Medicare & You” Handbook](#)
- ★ [DOL Launches Mental Health Compliance Resources for Employers and Employees](#)
- ★ [Medicare Agents Will Not Want to Miss this Webinar](#)
- ★ [State Spotlight: Georgia Passes Law to](#)

“Mental health needs are extremely common,” the DOL states. “According to the most recent federal data, nearly one in three adults had either a mental health or substance use disorder in the past year. Job quality is an important factor in a person’s mental health and ability to access treatment for mental health conditions and substance use disorders. While workplace stress and poor job quality can negatively affect workers’ mental health, workplaces can also provide important connections to resources, supports, accommodations and benefits designed to improve our mental health and facilitate equitable access to treatment. From construction sites to daycare centers, and from healthcare clinics to assembly lines, all workers need workplaces that prioritize mental health and wellness.”

[< Previous Article](#) | [Next Article >](#)

Create State-Based Exchange

- ★ Healthcare Happy Hour: NABIP Submits Written Testimony on Host of Healthcare Issues
- ★ NABIP PAC Roundup: Rare Open Maryland Senate Race to Replace Ben Cardin
- ★ What We're Reading

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