

Mental Health & Workplace Wellness



AllHealth
NETWORK
Live Better.

Mental Health in the Workplace

Although we do this every day, the month of May is designated as a time for us to pay special attention to our mind health. We take this opportunity to help raise awareness, respond to stigma and to assure our communities there are resources available to understand and treat mental illness.

This week, we're focusing on mental health and its effects on the number one resource in a business: people.

- 1 in 10 people struggle with depression, costing employers \$44 billion in lost productivity each year
- Depressive disorders rank among the top five disability claims globally
- Untreated or poorly treated symptoms of depression affect work performance and productivity
- The good news? People who seek treatment for depressive disorders will be less impaired at work and typically use fewer healthcare resources.

Read on for updates on the AllHealth Network CEO/Leadership Pledge kickoff event, our standing as a finalist for Best Large Nonprofit as voted on by the Denver Metro Chamber of Commerce and information to bring mental health education to your office!

Thank you for your commitment to dismantling stigma, supporting access to care, and creating an environment where mental health conversation is a community dialogue.

Be sure to keep an eye on our [Facebook page](#) and our [Twitter feed](#) throughout the month for even more great information and join the conversation using #letstalkCO and #livebetter



Co-chair Louise Richardson and Kay Greene

Like Minds...Leaders Take Action

On May 11th, business and community leaders gathered for a kickoff event in support of the AllHealth Network CEO/Leadership Pledge.

The Like Minds...Leaders Take Action event, co-chaired by Louise

Richardson and Lee Bowen and sponsored by Citywide Banks, served as an opportunity for forward-thinkers to connect and begin moving the pledge forward.

Many thanks to all who attended, our CEO/Leadership Pledge Ambassadors, AllHealth Network Board of Directors, Shelly Rule and the Chris Rule Foundation and event sponsor Citywide Banks. Look for our full web gallery of event photos next week!

What is the CEO/Leadership Pledge?

The leadership pledge asks CEOs, business leaders and community leaders to sign a pledge stating that they will commit to fostering a culture where seeking treatment for mental health or substance abuse is accepted and encouraged and take tangible steps to demonstrating this commitment. In return, AllHealth Network provides resources and educational opportunities.

[Click here](#) for the top 10 reasons to sign the pledge. For more information on the pledge, businesses currently involved and to take advantage of available sponsorship opportunities, e-mail Director of Marketing and External Relations, Shira Moffatt at smoffatt@allhealthnetwork.org



AllHealth Network Board of Directors members. From left: Teri Clough, Board President John Phillips, Todd Evenson



The Like Minds...Leaders Take Action event was held at the SPACE Gallery



From left: Tom Marsh, Susan Stiff, Cindi Burge, Keith Burge and Louise Richardson

AllHealth Network Selected as Finalist for Large Nonprofit of the Year

AllHealth Network was selected as a finalist for the Denver Metro Chamber of Commerce's Large Nonprofit of the Year Award, along with the Denver Rescue Mission and Kids First Healthcare.



Congratulations to Denver Rescue Mission, chosen as the winner! It was an honor to be included with so many organizations doing incredible work within our community. Several AllHealth Network staff attended a luncheon to celebrate this achievement.

Stick with us next week as we discuss substance use and abuse and what you can do to help someone who may be in need.

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