



More information

Contact the DCPAS Work-Life Branch at:

[DoD Work Life POCs-Work-Life-Policy | DCPAS \(osd.mil\)](#)

Additional information

is available at
[OPM 2023 Employee Wellness Program.pdf \(menlosecurity.com\)](#)

Well-Being Resources and Supports

The Department of Defense encourages agency leaders to have regular, open conversations regarding current and future emerging employee well-being supports and to make relevant resources easily accessible to employees. Below are resources to assist agency leaders in supporting the well-being of their employees

For Agency Leaders

- [Workplace Mental Health & Well-Being — Current Priorities of the U.S. Surgeon General \(hhs.gov\)](#)
- [Fundamentals of Total Worker Health Approaches | NIOSH | CDC](#)
- [AskEARN | Mental Health Toolkit \(menlosecurity.com\)](#)
- [Training Requirements and Resources | Occupational Safety and Health Administration \(menlosecurity.com\)](#)

For Work-Life Coordinators and Supervisors

- [NAMI 2017-SUPERVISORS.pdf \(menlosecurity.com\)](#)
- [meaningful-conversation-starters.pdf \(menlosecurity.com\)](#)
- [grieving-support-tip-sheet.pdf \(menlosecurity.com\)](#)
- [eap-tip-sheet.pdf \(menlosecurity.com\)](#)



For Employees

- [Creating a Healthier Life: A Step-By-Step Guide to Wellness | SAMHSA Publications and Digital Products \(menlosecurity.com\)](#)
- [What Individuals in Recovery Need to Know About Wellness | SAMHSA Publications and Digital Products \(menlosecurity.com\)d](#)
- [Health Topics \(menlosecurity.com\)a](#)
- [NAMI_2017-EMPLOYEES.pdf \(menlosecurity.com\)di](#)
- [Physical Activity Basics | Physical Activity | DNPAO | CDC \(menlosecurity.com\)go](#)
- [Well-being Resources for Employees | American Heart Association \(menlosecurity.com\)munity. You can also track your mood, rec_a](#)
- [We Can All Prevent Suicide : Lifeline \(menlosecurity.com\)tic](#)
- [NIMH » Caring for Your Mental Health \(menlosecurity.com\)](#)

For more information

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