



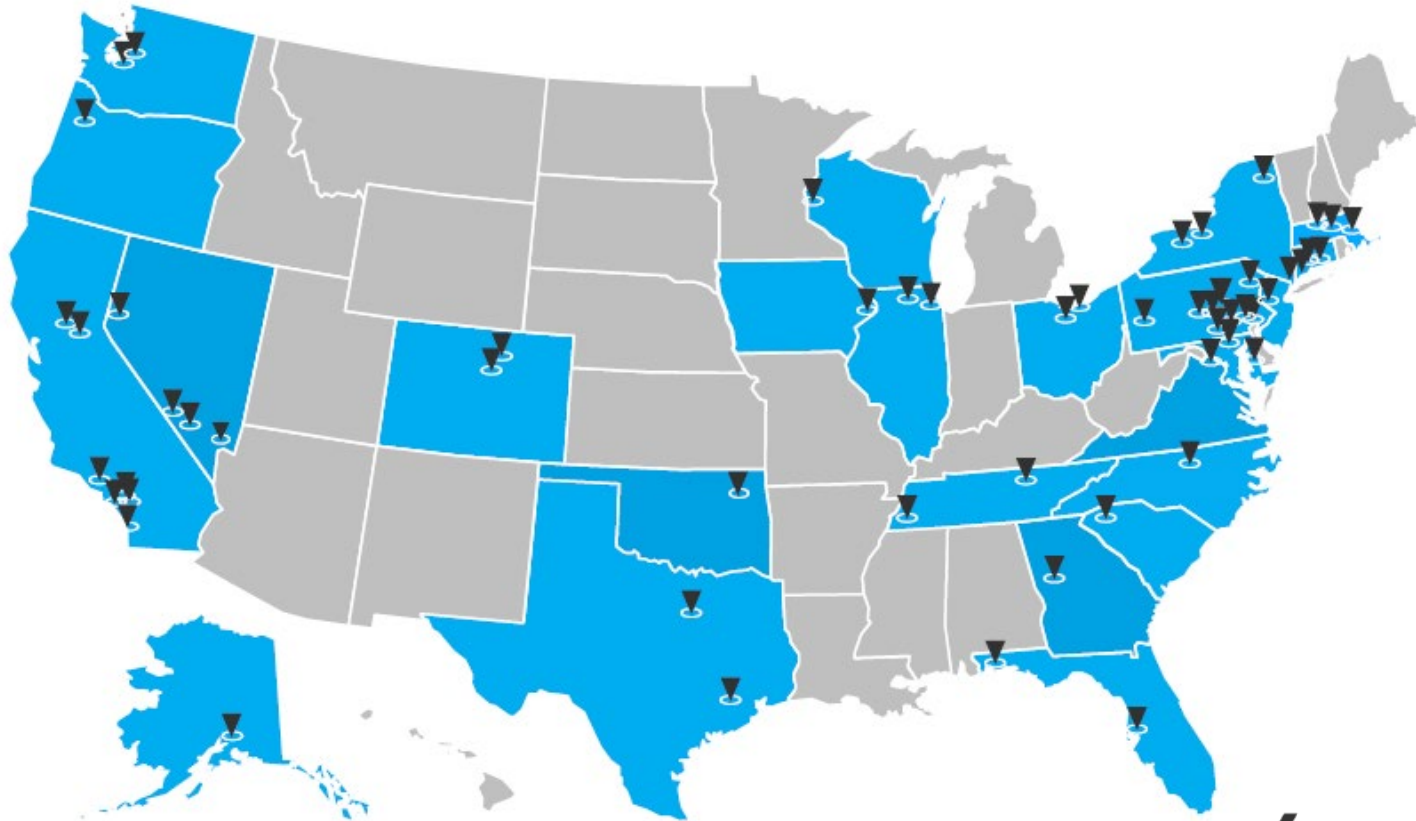
Welcome to the SIG University Webinar Series  
**It Takes All of Us: Addressing  
the Stigma of Mental Health**

**Dr. Kelly Graling** | *Cognitive & Behavioral Consultants*

**May 13, 2021**



# Welcome to Our Regional Alera Partner Firms!





# Questions?

During the webinar if you have any questions, please feel free to...

- 🗨 Zoom Chat: Enter questions via the “Chat” feature in the Zoom meeting

# Reminders

1. Slides and resources will be emailed after the webinar and are available on

[silbs.com/events](https://silbs.com/events)

2. Complete our 2-minute post webinar [SURVEY](#)\*\* All completed surveys will be entered to win a \$100 Goldbelly gift card!

**Congratulations to the winners from our last webinar!**

**Cindy Wenz, Advance Business Systems  
Alicia Warren, Atlantic General Hospital!**



## UPCOMING

### HR Trends: Using Benchmarking & People Analytics to Support a Data-Driven Approach to Talent Management

May 19<sup>th</sup>, 10 AM – 11 AM EST

**Presenters:** John Tunney, *SIG* and Stacey Davis, *ADP*

### Affordable Care Act: What's New With the ACA?

May 26<sup>th</sup>, 12 PM – 1 PM EST

**Presenter:** Stacy H. Barrow, Esq., *Marathas, Barrow, Weatherhead, and Lent, LLP*

### Diversity in the Workplace: Creating a Positive Culture of Inclusion

June 10<sup>th</sup>, 11 AM – 12 PM EST

**Presenter:** Risa Lavine, *CohnReznick*

# Webinars

# Check Out Our Mental Health Landing Page

This landing page includes the following mental health and wellbeing guides:

- [Alera's Mental Wellbeing Guide](#)
- [NAMI Metropolitan Baltimore COVID-19 Resources & Information Guide](#)
- [Mental Health Solutions from Alera Group](#)
- [I Will Listen Campaign Information](#)

[Click Here to Access the Landing Page!](#)





# It Takes All of Us: Addressing Mental Health Stigma

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# Mental Health In the US

- ▶ Nearly 1 in 5 Adults live with mental illness
  - ▶ [Nimh.nih.gov](https://www.nimh.nih.gov)
- ▶ 8 out of 10 workers with a mental health condition say shame and stigma prevent them from seeking mental health care
  - ▶ [NAMI.org](https://www.nami.org)
- ▶ 56% of people will not see mental health treatment
- ▶ Depression is more common than AIDS, cancer, and diabetes combined
- ▶ In a survey, 80% of employees stated that workplace stress affected their personal relationships
  - ▶ [Rethinkstigma.org](https://www.rethinkstigma.org)



# 2020...

- ▶ Unprecedented stress
- ▶ 46% of parents with children under 18 rated their average stress level related to the pandemic as 8, 9 or 10 on a 10-point scale
  - ▶ American Psychological Association, May 12, 2020
- ▶ 1/3 of Americans are showing signs of clinical anxiety or depression
  - ▶ Washington Post, May 26
- ▶ Emotions will be mixed as we return to normalcy

# Myths of Mental Illness

- ▶ Mental health issues don't affect high achieving, "healthy" people
- ▶ If your mental health is struggling, you're a poor performer/bad employee
- ▶ You can do anything you want to if you put your mind to it
- ▶ The power of positive thinking!

# Myths of Mental Illness

- ▶ People with a mental health diagnosis are erratic and dangerous
- ▶ Therapy is indulgent, and doesn't REALLY work
- ▶ Asking someone how they're doing will make them worse

# Supporting Others

- ▶ Stress, burnout, anxiety, depression, even major mental health concerns regularly occur, and do come and go.
- ▶ Emotional struggle is part of the human experience
- ▶ Can we:
  - ▶ Check in on others and express concern?
  - ▶ Share our own struggles and show vulnerability?
  - ▶ Is it ok not to be ok all the time?

# Decreasing Internalized Stigma

- ▶ Harder on ourselves than others
- ▶ What does it mean for YOU to struggle?
- ▶ What does it mean for you to COMMUNICATE emotional struggle?
- ▶ What's your top concern?

# What Does It Mean to Get Help?





# Questions? Comments? Follow up?

- Thanks so much!!
- [kgraling@cbc-psychology.com](mailto:kgraling@cbc-psychology.com)
- [cbc-psychology.com](http://cbc-psychology.com)





# Thank You for Attending

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