



# Workplace Stress: Protect Your Employees and Your Business Webinar Resource Guide



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## Resources from [www.SafeAtWorkCA.com](http://www.SafeAtWorkCA.com)

- [Stress in the Workplace](#)
- [Talkback Stress \(PDF\)](#)
- [Be their Hero – Safety Culture Campaign Kit](#)
- [Safety Text Messages - Subscribe](#)

## Additional resources

- [Mental Health and Wellness – Kaiser Permanente](#)
- [Mental Health Awareness Training – Kaiser Permanente](#)
- [Managing Job Stress – Kaiser Permanente](#)
- [Supporting Mental Health and Wellness – Kaiser Permanente](#)
- [Workplace Stress – Make Work Better – Mental Health Matters - OSHA](#)
- [Mental Health Resources for Employers – Mental Health America - MHA](#)
- [Workplace Mental Health Programs - MHA](#)
- [Bell Seal for Workplace Mental Health - MHA](#)
- [Online Mental Health Screening Tools – MHA](#)
- [40+ Worrisome Workplace Stress Statistics – American Institute of Stress](#)
- [NIOSH Science Blog: Improve Sleep: Tips to Improve Your Sleep When Times Are Tough](#)