

**"How do we engage with critical workers? How can we assist them?"**

- Phil Renaud, Executive Director, The Risk Institute

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**"What are some self-help strategies that people can use to cope right now... when their old behaviors have been taken away from them?"**

- Phil Renaud, Executive Director, The Risk Institute

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**"I think one thing that we can be  
doing is checking in on our  
coworkers on a regular basis...  
create a culture of care."**

- Dr. Jennifer Cheavens, Director of Clinical  
Training in the Department of Psychology at The  
Ohio State University



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**"Companies can make it obvious  
and accessible what resources are  
available for people... so that  
people don't have to come to you  
looking for help."**

- Dr. Jennifer Cheavens, Director of Clinical

Training in the Department of Psychology at The  
Ohio State University

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**"I think that this (the stigma around mental health care) is a large societal issue that companies can play a role in... they can normalize mental health care in the same way that we normalize taking care of our physical health."**

- Dr. Anne Wilson, Clinical Assistant Professor in the Department of Psychology at The Ohio State University

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**"Some ways to do that (take care of employee mental health) is to provide different mental health initiatives and encourage employees to use their time off to take care of their mental health."**

- Dr. Anne Wilson, Clinical Assistant Professor in the Department of Psychology at The Ohio State University

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**"I think it's important to know and understand  
how to check in with your population."**

- Jonathan Sadlier, Vice President, Market Leader  
Central Ohio, Oswald Companies

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**"The biggest issue that we've seen (in regards to EAP) is that mental health is something that a lot of times needs immediate attention."**

- Jonathan Sadlier, Vice President, Market Leader  
Central Ohio, Oswald Companies

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**"The silver lining of this pandemic has been the innovations that have come out relating to mental health."**

- Julie Frischkorn, Director of Behavioral Health and Mindfulness, Empower 360

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**"Between the innovations that are being offered in the market and the proactivity of employers, I have been impressed by how people are working to reduce stigma (around mental health) during this time."**

**- Julie Frischkorn, Director of Behavioral Health and Mindfulness, Empower 360**

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