

How to Use This Package

Start here

Review the Executive Summary to understand key findings and implications.

Use these tools

- Apply the Core Components framework to assess and strengthen your program structure, access points, and confidentiality practices
- Share the infographic in presentations, board materials, and member communications
- Use the template to clearly communicate available support to your members

Go deeper if needed

Refer to the full report for detailed findings, context, and examples.

What SDSs Can Do Now

- Clarify your program's entry point so members know exactly where to start
- Ensure access to licensed mental health professional triage for clinical assessment
- Communicate confidentiality clearly and consistently to reduce barriers to help-seeking