



Women of Wellness

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Mental Health Integration Plan

Instructions: From Chapter 7, use this step-by-step planner to implement mental health initiatives in your organization. Focus on women's priorities like anxiety, burnout, and flexible support. Customize for your context.

Step 1: Assess Needs

Conduct a quick audit: What mental health challenges are most common (e.g., stress from caregiving)? Rate urgency (1-5).

Challenges:

Urgency Rating: _____

Step 2: Choose Initiatives

Select 2-3 from the chapter (e.g., EAP promotion, mental health days, workshops on imposter syndrome).

Step 3: Implementation Timeline

Break down rollout: Who, What, When. Include destigmatization (e.g., share your story).

Week 1-2:



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Month 1:

Ongoing:

Step 4: Measure Impact

Track metrics (e.g., usage rates, absenteeism reduction) and ROI (aim for \$4 return per dollar).

Metrics: _____

Feedback Method: _____

Step 5: Adapt and Sustain

Plan for adjustments based on feedback.

Potential Adjustments: _____

Reflection: How will this plan address women's unique mental health needs in your team?

Book a coaching call at womenofwellness.love if needed.