





ICU Activity Card

"ICU" (I See You) is a workplace awareness campaign designed to decrease the stigma associated with the topic of mental health and foster a workplace culture that supports emotional health. Together, we can encourage people in emotional distress to reach out for help.

DIRECTIONS: Complete all these steps to help our organization start fostering a supportive workplace culture where everyone can play a part in improving emotional health.

Step #1	Take the Pre-Survey. (This survey is anonymous and will not be shared.)
Step #2	<p>View the ICU Video at vimeo.com/100921663</p> 
Step #3	<p>Understand the way forward together. Review this list of programs and resources available to State employees:</p> <ul style="list-style-type: none"> • Here4TN <ul style="list-style-type: none"> ○ Take Charge at Work ○ Talkspace ○ Sanvello ○ Virtual Visits • ParTNers Health and Wellness Center <ul style="list-style-type: none"> ○ Onsite EAP counselor • MyActiveHealth • Working for a Healthier TN • DOHR Mediation Program <div style="text-align: right;">  </div>
Step #4	Take the Post-Survey. (This survey is anonymous and will not be shared.)

