

Mental Health Support Might Start at Work

News

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Lori Maring, a benefits attorney in Atlanta, was quoted in the *USA Today* article “Mental Health Support Might Start at Work.” This article discusses the employer’s role in preventing suicides and improving the mental health of workers.

One thing to consider is an Employee Assistance Program (EAP). An EAP is a work-based intervention program designed to identify and help employees address personal issues. According to Lori, executives want to implement EAPs, but are worried about legal compliance issues and lack of interest among employees.

Lori added, “Occasionally, we see employers abandon the comprehensive wellness programs and EAPs after discovering that they’re regulated as group health plans under federal law, which creates a host of issues for both the employer and employees.” Lori says EAPs can make a big difference in the workplace, if they are implemented according to the law.

To read the full article, visit [*USA Today*](#).

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