



Workplace Disclosure

myChoice

Resources for Parents of Children with Mental Health Disabilities

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California State University  
**MONTEREY BAY**  
College of Health Sciences and  
Human Services

Promoting productive workplaces  
through safety and health research



**We need your  
input now for  
this important  
resource**

**Click here to find out more**





If the school calls one more time, my boss is going to freak out!

I've missed so many team meetings this month...but I have to get my son to his therapy appointment!

I need time off to manage his appointments, but I just don't know how to ask for this....

Parents like you face the decision about how to tell or not tell their boss about their child's mental health needs every day.

[Click here to find out how you can participate!](#)

[Contact Us](#)



## What is **myChoice**

myChoice is an online decision aid that can help parents of children with mental health conditions navigate what to share and how to share with their employer, especially when flexibility at work is needed.

- Valuable content on employment rights.
- Strategies used by other parents to navigate mental health stigma in the workplace.
- Opportunity to evaluate your unique situation.
- Downloadable tailored action plan.



## RECRUITING PARENTS FOR myChoice DECISION APP FEEDBACK!

Click a link to participate!

Test out the app  
with us

\$50



Have you ever had to tell your boss about your child's mental health needs to get a schedule adjustment?

Share your experiences of telling or not telling your boss about your child's mental health needs.

Tell us about what would have helped you or would help to make the decision easier.

Help build a resource that will support you and other parents to make these difficult decisions.



**myChoice**

Together we can  
*support* each other.

Get in touch or follow us on social media.

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