

LIS SOLUTIONS

# SECURITY MONTHLY NEWSLETTER

MAY 2026



## MENTAL HEALTH MATTERS IN THE SECURITY INDUSTRY

### MENTAL HEALTH AWARENESS: SUPPORTING THE WORKFORCE, PROTECTING NATIONAL SECURITY

Mental Health Awareness Month highlights the role mental health plays in both individual well being and national security. Within the cleared workforce, mental health directly affects judgment, reliability, and mission performance. Supporting mental health is not only a personal matter. It is a security priority.

Employees in national security environments face unique pressures, including high accountability and demanding workloads. Over time, unmanaged stress or anxiety can impact focus and behavior. When left unaddressed, these factors may increase vulnerability to mistakes or policy violations.

Mental health awareness reduces stigma and encourages early support. A workforce that feels supported is more resilient and better equipped to protect sensitive information.

#### Mental Health and the Security Environment

The national security environment depends on trust, reliability, and sound judgment. Mental health

challenges, like any health concern, can affect these areas if not managed. Seeking help and demonstrating self awareness are positive indicators of responsibility.

Unmanaged challenges may appear as difficulty concentrating, changes in work habits, irritability, withdrawal, or decreased attention to detail. In high consequence environments, even small lapses can have impact.

#### Reducing Risk Through Awareness

Mental health awareness supports insider threat risk reduction. Factors such as financial stress, personal conflict, or workplace dissatisfaction may intersect with mental health challenges. When unaddressed, these combined stressors may increase vulnerability.

Early awareness and support reduce risk. Employees who seek help are less likely to experience escalation or isolation. Most individuals experiencing stress are not security risks. Risk increases when issues go unrecognized or unsupported.



**LIS**  
Solutions

Analyze. Inform. Empower.

718-237-8919 • [info@lissol.com](mailto:info@lissol.com)



## Recognizing When Support May Be Needed

Awareness includes recognizing when support may be needed. Indicators may include noticeable changes in mood or behavior, increased absenteeism, difficulty meeting responsibilities, withdrawal from coworkers, or ongoing stress that does not improve.

Recognizing these signs is about being attentive and encouraging appropriate resources when needed.

## References:

- Defense Counterintelligence and Security Agency (DCSA). Insider Threat and Behavioral Indicators. <https://www.dcsa.mil/Counterintelligence-and-Insider-Threat/Insider-Threat/>
- National Counterintelligence and Security Center (NCSC). Workforce Resilience and Security Awareness. <https://www.dni.gov/index.php/ncsc-how-we-work>
- Department of Defense. Mental Health and Readiness Resources. <https://www.militaryonesource.mil/health-wellness/mental-health/>
- Substance Abuse and Mental Health Services Administration (SAMHSA). Mental Health Awareness Month Resources. <https://www.samhsa.gov/mental-health-awareness-month>

## Reporting and Resources

Seeking help is a sign of strength and professionalism. Employees are encouraged to use available resources such as Employee Assistance Programs or medical providers. Early support can prevent issues from affecting performance.

From a security perspective, reporting requirements remain important. Significant changes in behavior or reliability concerns should be reported in accordance with policy. Reporting provides support and guidance and is not intended to penalize individuals.

## Your Role in a Secure Workforce

Every employee contributes to both security and workplace culture. Supporting mental health includes maintaining awareness, treating others with respect, and encouraging a culture where seeking help is supported.

Adhering to security policies and reporting concerns help ensure protection of both people and information.

## If You See Something, Say Something

If you observe behaviors or situations that raise concern, report them through appropriate channels. Early awareness allows for timely support.

Protecting national security starts with a strong and supported workforce.



**LIS**  
Solutions

Analyze. Inform. Empower.

718-237-8919 • [info@lissol.com](mailto:info@lissol.com)