



Mental Health In The Workplace?

1 in 5 living with a mental health condition

- Increase awareness
- Responsibilities for looking after own mental health
- Reduce stigma
- Build skills & confidence
- Encourage staff to seek treatment & support
- Assist staff to return to work
- Monitor/manage workload
- Listen
- Prevent bullying & discrimination
- Provide regular feedback

Look after your mental well-being