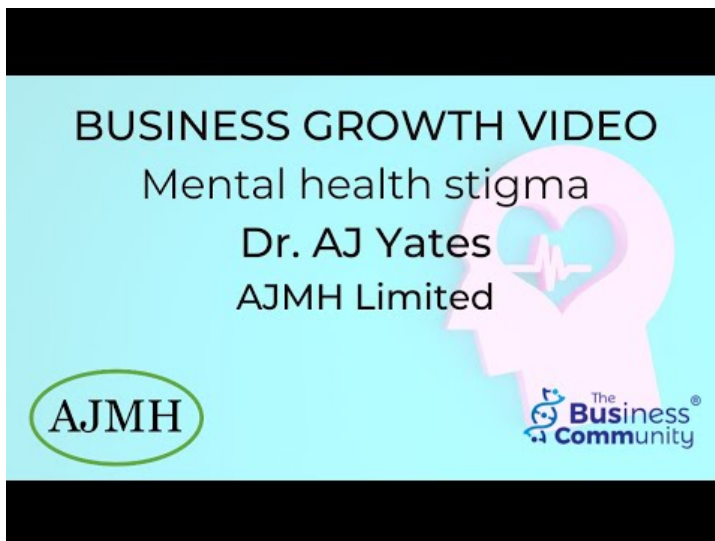


Mental health stigma

- Sooner people seek help, the better
 - Engage in training
 - Statement of intent to support well-being in the workplace
 - Increase awareness of mental health in the workplace
 - Embed mental health within work practice
 - Engage in conversations about mental health
 - Build into appraisals
-
- Resources: <https://mhfaengland.org/mhfa-centre/resources>

A video thumbnail with a light blue background and black borders at the top and bottom. The text is centered and reads: "BUSINESS GROWTH VIDEO", "Mental health stigma", "Dr. AJ Yates", and "AJMH Limited". On the right side, there is a pink silhouette of a head with a heart and a pulse line inside. In the bottom left corner, the AJMH logo is shown in a green oval. In the bottom right corner, the The Business Community logo is present.

BUSINESS GROWTH VIDEO
Mental health stigma
Dr. AJ Yates
AJMH Limited

AJMH

The Business Community