

HELP REDUCE MENTAL HEALTH STIGMA IN THE WORKPLACE

Stigma is the #1 barrier to mental and emotional wellness

BE APPROACHABLE

Perform casual check-ins by asking co-workers and supervisees whether they've recently experienced any job stress-related difficulties. Gather feedback and start a discussion. Use the conversation as a starting point so people know you're there to understand and provide support for issues occurring off the job as well, and relate your own struggles. Hearing that others are experiencing mental strain can help normalize the issue and open the door for more in-depth conversation. Normalize respectful conversation and attitudes around mental health concerns; they aren't going away just because we don't talk about them.

SAFETY FIRST

We all contribute to a culture of safety- specifically making it safe for people to talk about mental health concerns. By disclosing our own stressors, we open the door for others to share theirs. And if someone trusts us to share their struggles, work to keep it confidential (unless the person is in crisis, in which we often need to get outside help). The more that we can educate ourselves and others about good mental health practices, and also the potential to intervene when necessary if you're a bystander, the better.

IF YOU SEE SOMETHING, SAY SOMETHING

It only takes a moment to ask or say something that may make a difference in a person's life. Try not to feel intimidated or uneasy about the process of observing and approaching workers who may need assistance with mental health concerns. If you saw someone limping, you'd ask if they're okay. If you see someone emotionally struggling, we should also ask if they're okay! It's not about diagnosing, it's really just recognizing that somebody is struggling and knowing where to direct them to get help.

WELL IN MIND IS HERE FOR YOU!

Call to schedule a therapy session, resilience building session, or to ask about the other benefits available to you.

