



Breaking the Silence: Supporting Mental Health at Work

Silence and stigma have long suppressed open discussions about mental health in the workplace, leaving too many to struggle in solitude.

Breaking this silence is key. By fostering open dialogue, we can create supportive work environments that build resilience, enhance engagement, and allow every individual to thrive.

This World Mental Health Day, take a step toward building a healthier, stronger workplace culture.



Need Help?

CALL : 1-800-624-2593

[Log On to the Member Portal](#)

Resources For You

- ▶ **Watch this on-demand recording** to learn strategies for supporting mental health in the workplace >>



- ▶ **Wysa: Mental Resilience App**

Download Wysa, our CBT-based app that offers AI-powered chatbot, for personalized emotional support, and 150+ self-care tools.



- ▶ **Member Portal**

Access articles, tip sheets, and seminars on burnout, managing stress, and resiliency.



Explore additional articles by visiting your member portal and click on the "Self-Help" tab and then "Mental Health".