MENTAL HEALTH
AT WORK

Your mental health is not just about you—it also empowers you to support those around you. Together, we can foster a workplace where everyone thrives, even through challenges.

Breaking the Stigma

- Stay educated on mental health trends
- Understand that mental illness is not a character defect
- Choose to empower people rather than shame them for their mental illness
- Avoid language that portrays people as weak or "less than"
- Normalize mental health treatment

How to Check-In with Co-Workers & Employees

- Create a positive environment
- Talk about wellbeing
- Practice empathy and compassion
- Eliminate stereotypes about who "can and cannot" suffer from mental health issues

Do's and Don'ts for Addressing Mental Health at Work

Do's

- Emphasize that you are concerned
- Express you do not need to know what's going on but rather your goal is to ensure they receive proper support
- Remember that many problems get worse without assistance
- Emphasize that conversations with an EAP or other referral sources are confidential
- Explain that an EAP is voluntary and exists to help the employee

Dont's

- Try to diagnose the problem or "play counselor"
- Ignore the issue altogether
- Be judgmental or stigmatize mental health

Contact Us For Support & Resources

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