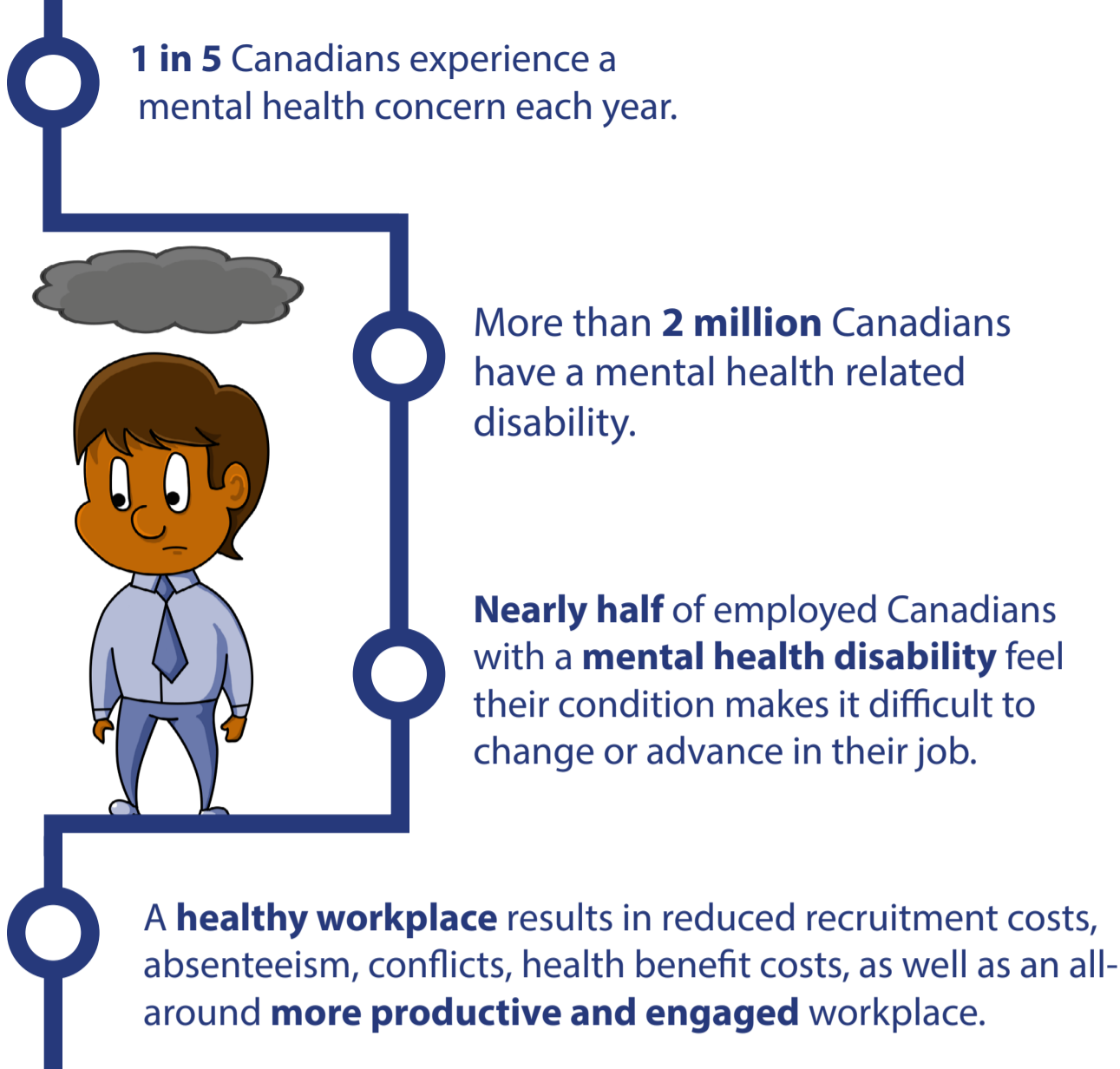


Why Leaders Must Champion MENTAL HEALTH in the Workplace

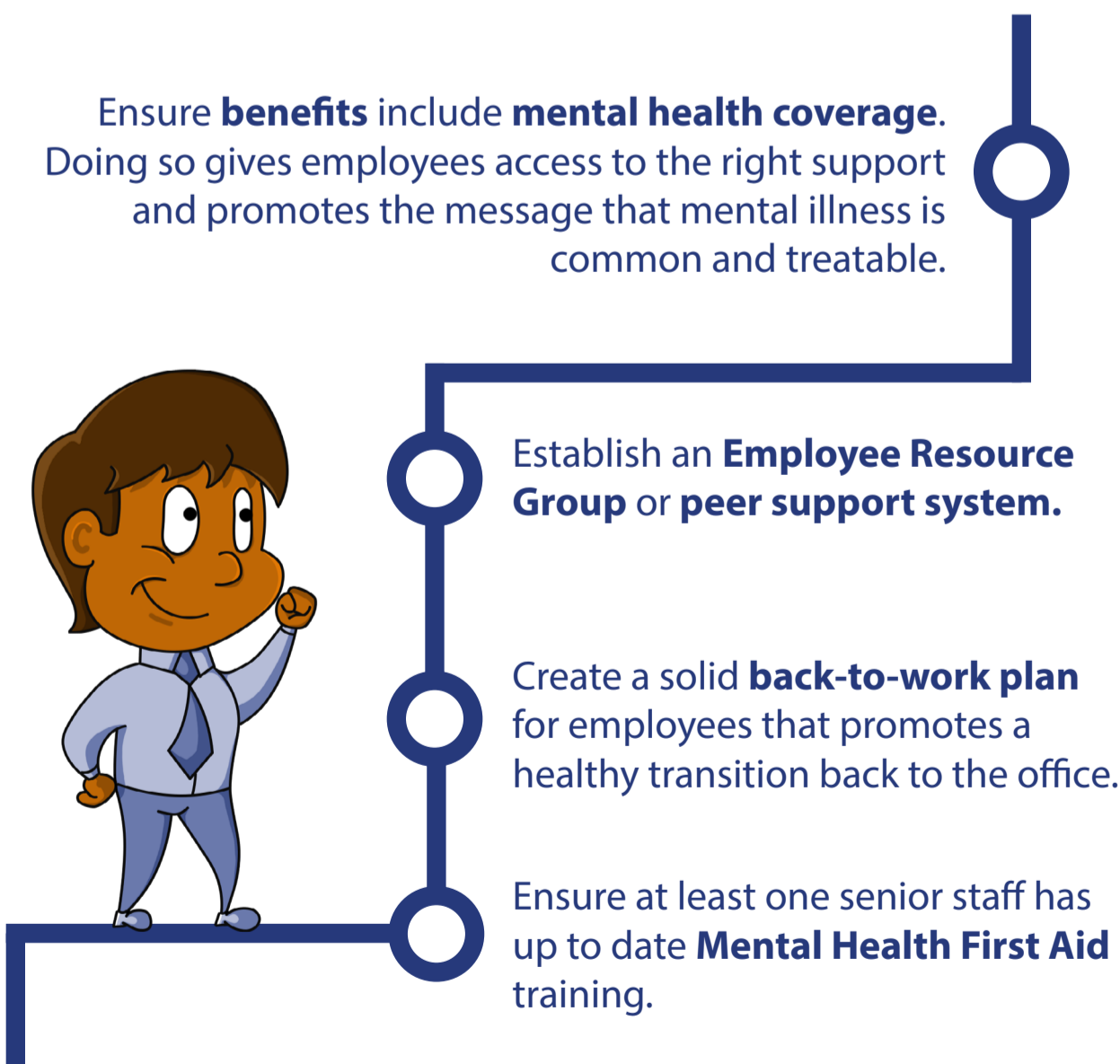


QUICK WINS

- Create ways for employees to support, recognize, and reward one another
- Regular check-ins with staff to identify support opportunities
- Flexibility in how, where, and when employees work (Work from home, ergonomic assessments, hot desk system, short breaks, etc.)
- Create a system to adjust and collaborate on accommodations for employees' success
- Encourage candid dialogue about mental health, stress, and wellness to create a positive and open atmosphere
- Be accessible to employees and actively listen to their needs and concerns
- Involve employees in the development of workplace mental health programs
- Host Lunch n' Learns. Topics could include professional growth, personal health habits, & financial wellness



FURTHER STEPS



ADDITIONAL SUPPORT

MentalHealthWorks.ca - Capacity-building workshops for employers and employees on mental health topics.

The Working Mind – MHCC online course for managers

Psychologically Safe Leader Assessment - psychologicallysafeleader.com

