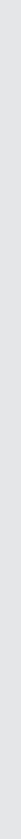
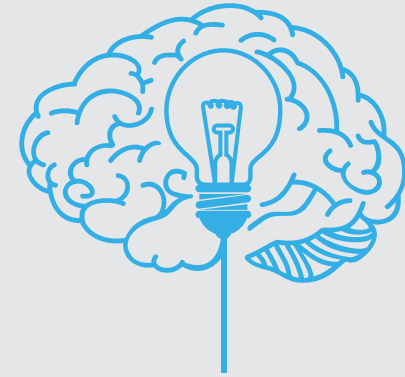
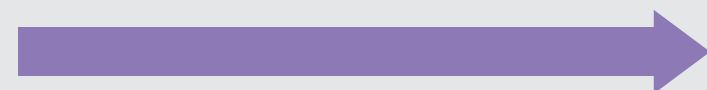


PROMOTING POSITIVE MENTAL HEALTH AT WORK

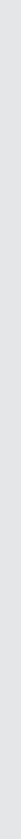
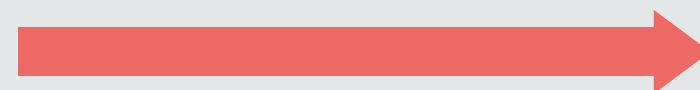
Employers

- Develop & implement a wellbeing strategy
- reduce stigma
- support & train managers
- create a positive & rewarding culture



Managers

- Be approachable & open-minded
- know how to handle difficult conversations
- support work-life balance
- know how to spot signs of mental health issues



Employees

- Be able to identify personal stress triggers
- know when to seek help
- look after personal wellbeing
- engage with line managers

