

## **World Mental Health Day**

It is Time to Prioritize Mental Health in the Workplace\*

10 October

Positive work environments CAN protect mental health.



## Positive work environments can:

- Provide opportunities for employees to achieve and feel proud of their work.
- Encourage and recognize efforts to boost self-esteem.
- Offer resources and support to aid in recovery and inclusion for those experiencing poor mental health.
- Foster an environment where individuals feel safe to express their thoughts and concerns without fear of judgment.
- Build strong, supportive relationships among colleagues.

## What can you do today to promote a positive work environment?

Source: \*World Mental Health Day 2024 Theme

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