

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