

HOW TO CREATE A MENTAL HEALTH FRIENDLY WORKPLACE

TIPS AND ADVICE FOR BOSSES AND EMPLOYEES



Support and praise each other



Listen to each other. Care for each other's feelings and emotions



Develop a mental health policy that you all adhere to



Schedule in relaxation for employees throughout the week



Create an environment where staff are not afraid to talk about their problems



Role model positive mental health. Demonstrate ways staff can look after their mental health in the workplace



Be open with each other



Ask questions and get regular feedback from staff



Be aware of how you talk to each other. Educate yourself on mental health terminology



Provide staff with coping skills to manage pressure, stress and anxiety