MWW
Mentally Well Workplaces

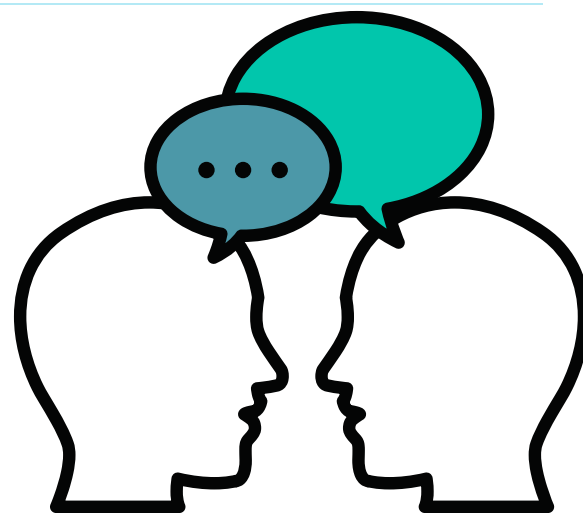# 5 WAYS TO PROTECT YOUR TEAM MEMBERS MENTAL WELLBEING

ENCOURAGE CONVERSATIONS

Encourage as many conversations as possible in your workplace or remotely about mental health and wellbeing
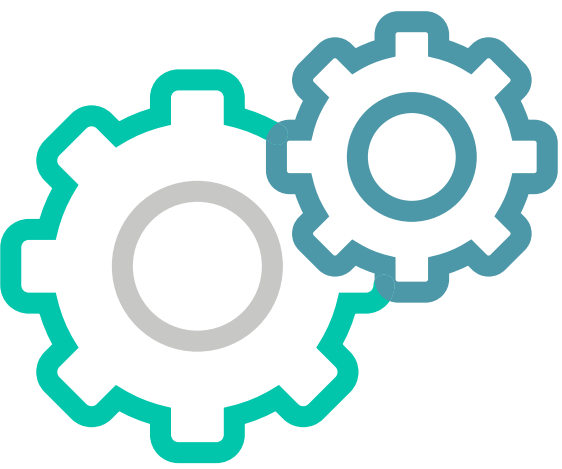
ALWAYS CHECK-IN

Persistently and consistently checking in with your colleagues helps build trust which can help to ask "Are you ok?"

DITCH THE HUSTLE MENTALITY

Grinding away 24/7 and over-working is not something to be celebrated. We should celebrate employees who promote and undertake self care and wellbeing practices

SHARE STORIES & BE VULNERABLE

Sharing stories helps break down walls. Don't be afraid to be vulnerable, it can be a sign of strength and encourage colleagues to also share if they feel comfortable doing so.

PROMOTE SUPPORT SERVICES

Actively promote your EAP (if available) and / or other well known support services both in your workplace and via virtual means