



Ten Strategies for Promoting Mental Health in the Workplace

1

Take Action: Equip Your Team to Support Mental Wellness

Equip your team with mental health training and tools, promote open communication, and implement flexible work arrangements to create a supportive workplace that enhances well-being and work-life balance.

2

Alleviate Financial Stress: Equip Your Team with Confidence

Empower your team by offering resources and workshops on budgeting, saving, and financial planning. Help them build financial stability, reducing stress and improving overall well-being.

3

Mental Health Bulletin Board

Include resources like the United at Work Get Help and the VITA free tax assistance flyers. Order free 988 crisis hotline stickers and make visible throughout your workplace.

4

Regularly Assess Workplace Mental Health

Conduct surveys or assessments to gauge the mental health climate of the workplace. Use the feedback to make necessary adjustments and continuously enhance the environment.

5

Provide Practical Support

Offer resources like a food pantry, quarterly mental health days, or time off for volunteering and Day of Caring.

6

Encourage Wellness Activities

Start a book club, schedule movement breaks, or set up a fun 15-day fitness challenge via Slack or GroupMe.

7

Create Wellness Spaces

Designate a quiet space for relaxation, mindfulness, or focused work, providing your team a space to recharge and stay productive.

8

Invest in Professional Growth

To foster your team's professional growth, consider offering workshops, training sessions, or industry events while also illustrating potential career paths within your organization.

9

Celebrate Milestones and Build Team Spirit

Recognize achievements with birthday time off, and strengthen connections through team-building activities like escape rooms or movie outings.

10

Create a Peer Support Program

Establish a system where employees can connect with trained peers for confidential conversations and support.

