

5 ways to tackle Mental Health stigma in your workplace



01

Help people understand mental health.

The best way to reduce stigma is to improve mental health understanding. Provide staff with information, apps, websites and training.

02

Talk about it!

It's easy to feel awkward, and think there's no right time to talk about mental health. But the more we talk about it, the more we break down those barriers!

03

Share your mental health experience.

By sharing your story you can help improve people's understanding about Mental Health, what it looks like and how it affects each of us.

04

Support co-workers and colleagues.

Play a part in helping to create and shape workplace mental health programmes, even something as simple as a Mindful Monday coffee breaks or a monthly Mental Health Walk and Talk.

Play your part and you will be surprised that others will join you!

05

Recruit Mental Health Champions.

Elect Mental Health Champions who help challenge stigma and change.