

Tips for Promoting Employee Well-Being & Mental Health in the Workplace

Infographic



TIPS FOR PROMOTING EMPLOYEE WELL-BEING & MENTAL HEALTH IN THE WORKPLACE



According to the World Health Organization (WHO),
"The more (US \$) that is also called an investment for common mental
disorders, there is a return of US \$4 in improved health and productivity."

Developing programs to support mental
health in the workplace should be a priority
for managers, senior leaders and human
resources professionals.

MENTAL HEALTH IN THE WORKPLACE

Depression and anxiety cost the global economy an
estimated \$1 trillion per year in lost productivity,
according to WHO. "For managers and HR, it's difficult to
measure the return on investment."

WHAT THE DATA SHOWS

THE COST OF POOR MENTAL HEALTH

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measure the return on investment."



RISKS ASSOCIATED WITH POOR MENTAL HEALTH



THE MENTAL AND PHYSICAL HEALTH CONNECTION



THE RISKS AND EFFECTS OF POOR MENTAL HEALTH ON THE WORKPLACE



A POOR WORK ENVIRONMENT MAY LEAD TO:



TIPS FOR HUMAN RESOURCES PROFESSIONALS, MANAGERS AND SENIOR LEADERS

Initiatives across all levels of an organization need support for their mental
well-being. The responsibility of providing a culture that supports mental
health falls on managers, leaders and human resources professionals.

HOW TO SUPPORT EMPLOYEE MENTAL HEALTH

Managers and leaders can create a culture that supports mental
health by providing a safe and supportive environment where
employees feel comfortable seeking help and support.

PROVIDING A SAFE ENVIRONMENT



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