

Mental Health Shareable Instructions

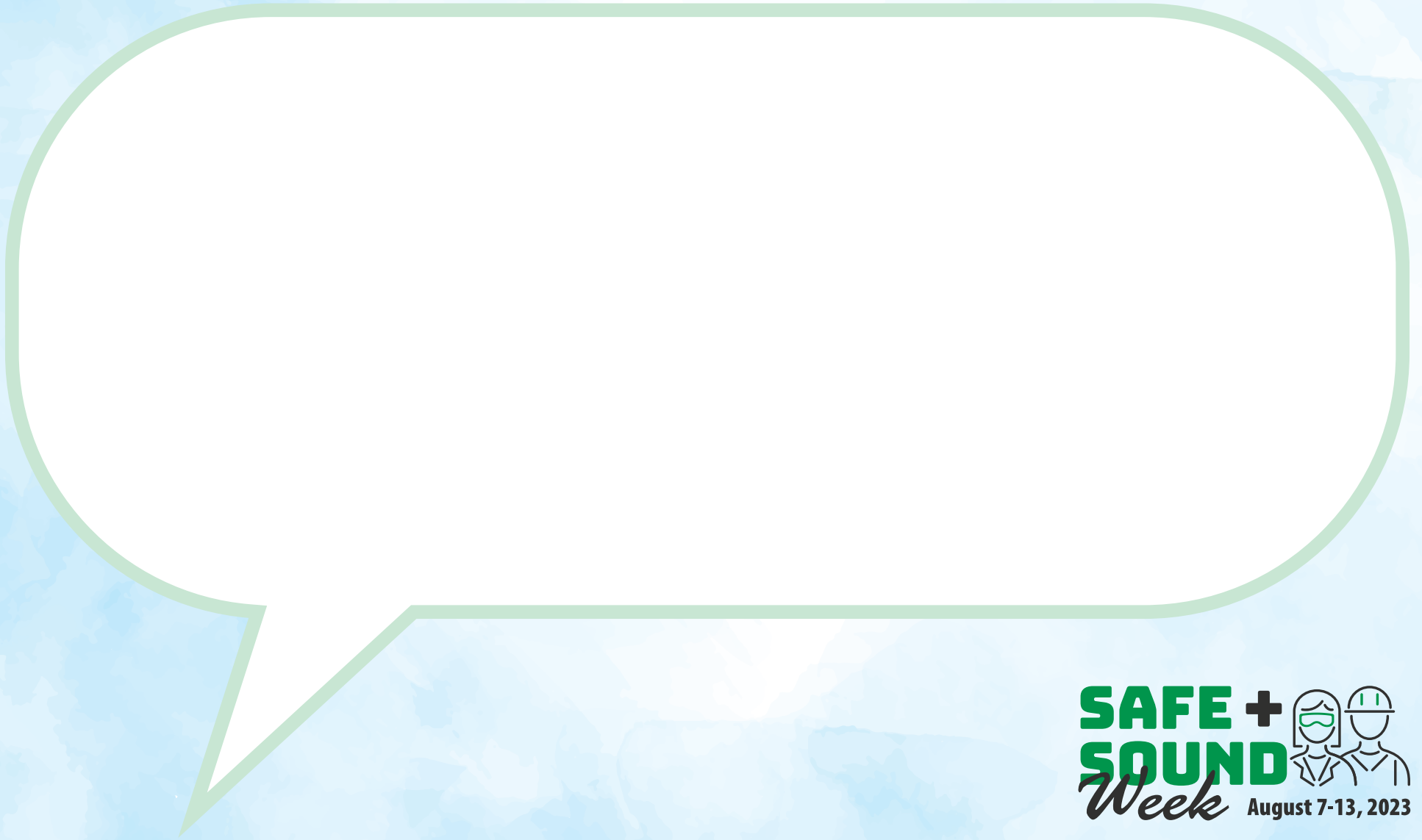
This year Safe + Sound Week is providing resources for businesses on mental health and well-being. Please use the files below to explore how mental health and wellbeing could be or are being supported in your workplace.

Four tips to make this count:

1. If used as a staff meeting activity, share the prompts early for workers to come prepared and make space for people to share or discuss if they would like. As a manager, be prepared to share first as a role model.
2. Remind workers how they can access additional support, such as contacting Human Resources, an Employee Assistance Program, and/or an anonymous reporting system.
3. Be sure to provide dark-colored, thick markers for completing this activity so they are easy to read from a distance.
4. Display the completed prompts to remind workers of the importance of mental health at work, as well as your commitment to supporting wellbeing. This could include posting on a bulletin board, an intranet site, or on social media. Emphasize to workers that getting your picture taken/posted is optional. Use **#SafeandSoundAtWork** on social media.



I support my workers' wellbeing by...



I support my wellbeing at work by...



**Things that support my mental health
and wellbeing at work are:**

I appreciate being supported at work!