

Helping Your Coworkers and Yourself Address Mental Health



Has workplace stress increased?

How can we help one another? Here's some advice on ways to:

Help Others

Help Yourself

Senior managers can:	Coworkers/ supervisors can:	If you are facing a mental health challenge:
Educate staff Build awareness, knowledge, and acceptance about stress and mental health issues.	Educate themselves Learn about the signs and symptoms of stress and mental health issues.	Don't allow self-doubt or shame Know that you are not alone.
Provide support and assistance Offer workplace support programs, an employee assistance program, or other referral services.	Treat everyone with respect Be positive and respectful to everyone you work with; you never know who is struggling with stress or mental health issues.	Understand your triggers Triggers are events or circumstances that cause mental health symptoms, such as excessive fear or worry.
Develop skilled leaders Provide supervisors with training to understand and talk about stress or mental health issues with workers.	Support each other Ask your coworkers how they are doing and let them know you are available to talk.	Get help or treatment If you are suffering, reach out to your human resources department or a hotline for help, such as the Disaster Distress Helpline or the 988 Suicide & Crisis Lifeline .
Promote a judgement-free workplace Make it clear that workers can ask for help without fear of negative consequences.	Listen without judgement Listen with undivided attention and acknowledge your coworkers' feelings. Offer help or resources if available and warranted.	Be a champion Use your experience to help others.