

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, it's difficult to
recognize the signs of depression.



WHAT THE DATA SHOWS

THE COST OF POOR MENTAL HEALTH

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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.



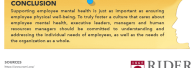
HOW TO SUPPORT EMPLOYEE MENTAL HEALTH

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.



COMPANIES LEADING BY EXAMPLE

Procter and Gamble and USAA have implemented comprehensive
mental health programs in the workplace to support all employees.



CONCLUSION

Supporting employee mental health is just as important as ensuring
employee physical health. By taking better care of our mental and
emotional health, we can improve our overall well-being and
enhance our productivity and performance in the workplace.

Managers and leaders should be committed to understanding and
addressing the individual needs of employees, as well as the needs of
the organization as a whole.

By taking these steps, organizations can create a culture that
supports mental health and helps employees thrive in the workplace.

For more information on mental health in the workplace, visit
our website at <https://www.rider.edu/mental-health>.

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