

Well-Being Checklist



BENEFITS

Employers have a duty to not only protect workers' psychological or mental health and safety but also accommodate any mental disabilities they might have. However, workers may not always be aware that they have a mental health issue.

HOW TO USE THE TOOL

Give this checklist to workers or make it readily available to them. Encourage them to complete the checklist as a way of assessing their own well-being and mental health. And if workers agree with many of the statements or have concerns about their answers, encourage them to seek help from a doctor or therapist, or through the company's employee assistance program (if you have one).