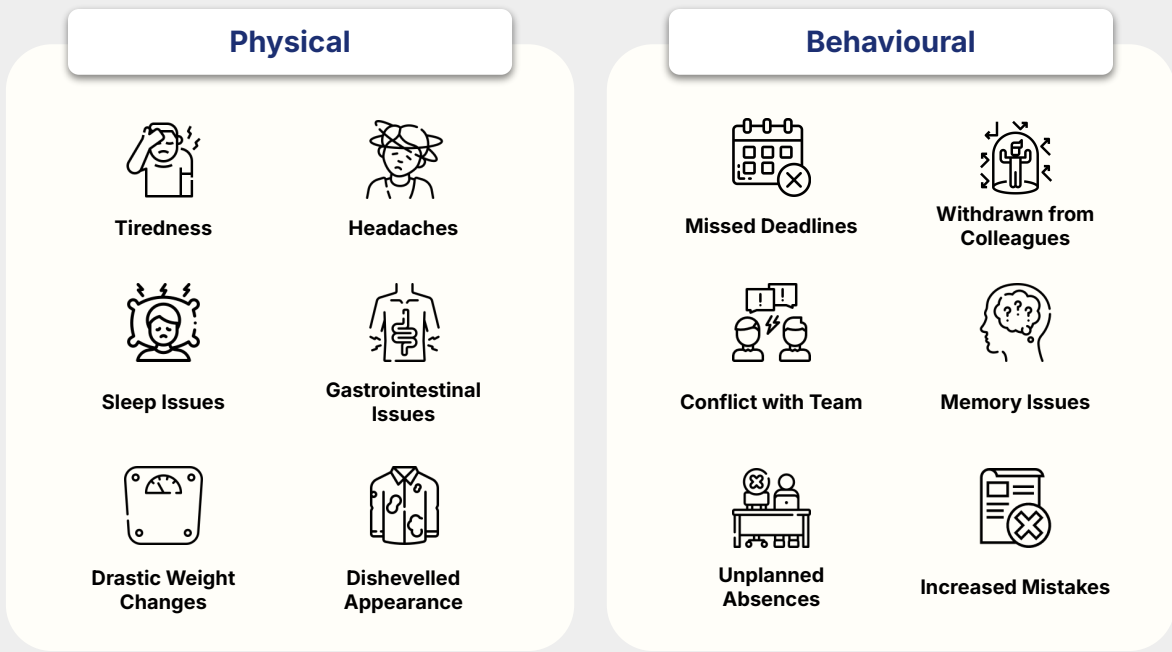


Mental Health Aid 101: Supporting Mental Health in the Workplace

Key Takeaways

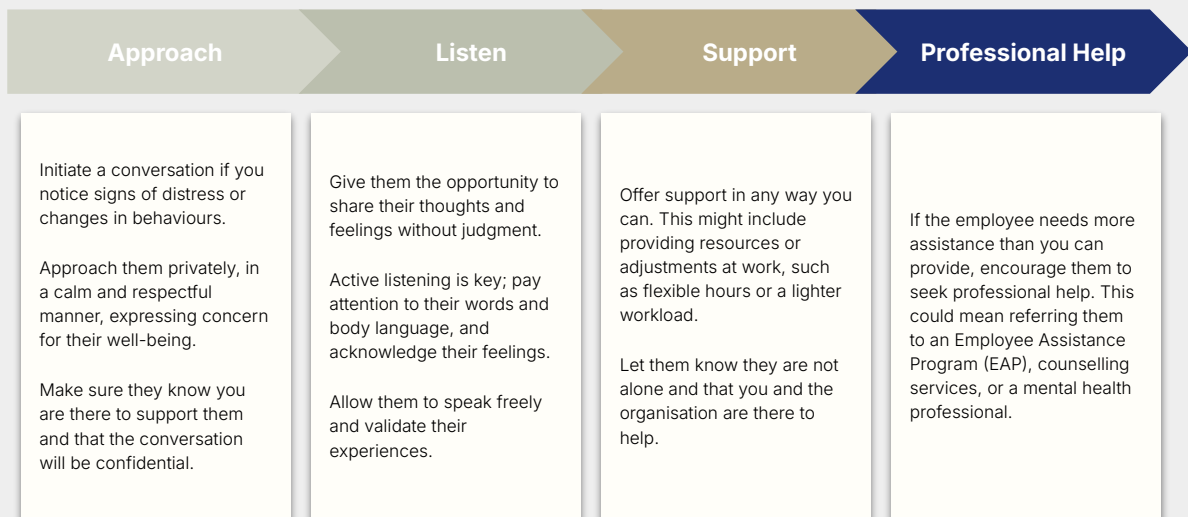
1

Potential indicators that someone might be struggling with mental health



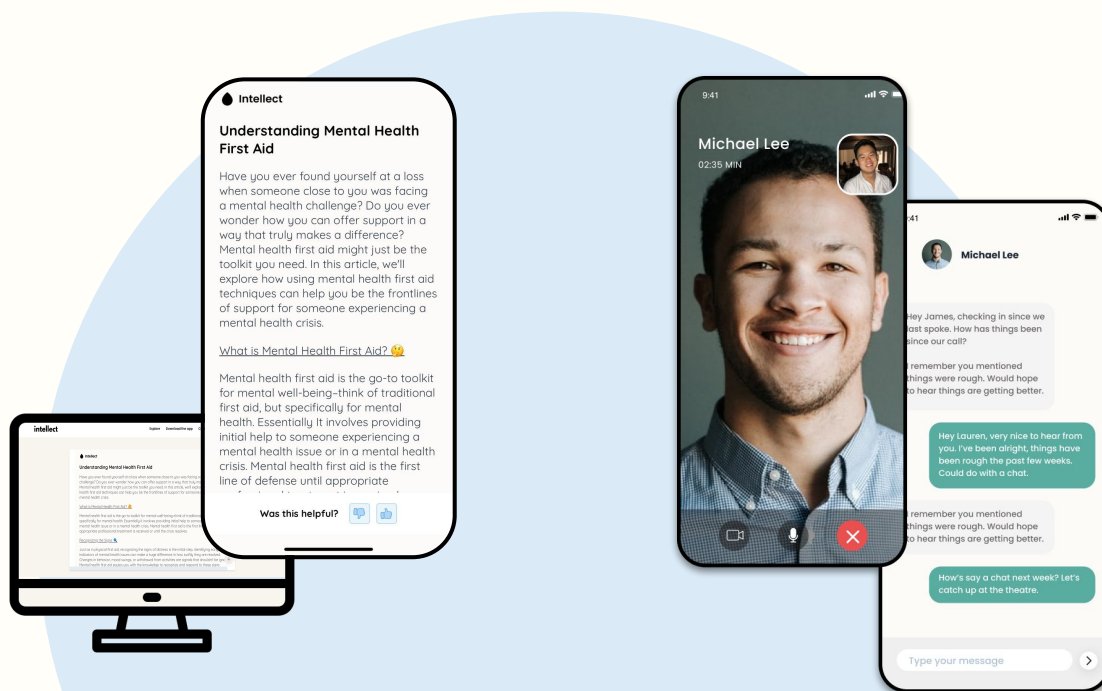
2

How to support someone struggling with mental health



From Insight to Action: Put Your Skills to Work Today!

Learn how to better support your colleagues through **immersive self-guided learning modules** complemented by **personalised 1:1 coaching support**



Understanding Mental Health First Aid

Take the first step by understanding how you can offer meaningful support to those navigating mental health challenges

1:1 Coaching

Discuss with your coach on more personalised ways to provide mental health support to your team members

Take charge of your mental health today!

Go on Intellect Web (<https://app.intellect.co>) or download the Intellect app now and embark on a journey of personal wellbeing.

