

# From Awareness to Action: Supporting Mental Health in the Workplace

Prioritising mental health in the workplace is not only essential for the well-being of employees but also for the overall success and sustainability of organizations. When leaders are equipped with the necessary knowledge and tools, they become catalysts for fostering healthier, more supportive work environments where individuals can thrive both personally and professionally.

This webinar aims to uncover ways to recognise mental health challenges at the workplace or beyond, and offer effective strategies for leaders to support their teams effectively.

## Learning Objectives

- Understanding the importance of mental health
- Recognising mental health challenges at the workplace or beyond
- Learn practical strategies for initiating support as a leader

## Content Outline

### Why is mental health important?

- Understand the role of mental health in overall well-being
- Identify key reasons for prioritising mental health
- Addressing early symptoms of mental health to reduce severity

### Mental health challenges – recognising them in yourself and others

- Identify common triggers for mental health challenges
- Recognise signs of mental health strain
  - Behavioural indicators
  - Physical indicators
- Develop awareness for early intervention

### Action steps: How can you initiate support as a leader?

- Understand key considerations for providing support
- Apply a 4-step support framework:
  - Approach
  - Listen
  - Support
  - Seeking professional help
- Develop leadership skills for workplace mental health support