

HOW TO ENCOURAGE MEN TO TALK ABOUT THEIR MENTAL HEALTH AT WORK



BELIEVEPERFORM

ROLE MODELS

Find ambassadors and role models who actively encourage other men to talk about their mental wellbeing

OPENNESS

Create an open and transparent culture where men feel comfortable to talk about their mental health

CULTURE

Focus on creating a culture where men are encouraged to share what they are thinking and how they are feeling

PRaise

Demonstrate praise and encouragement for men who talk openly about their mental health

CONVERSATIONS

Build mental health into regular every day conversations

EDUCATION

Break down the stigma attached to mental health in the workplace by providing the right education

ROLES

Make sure everyone is playing their part in contributing to a culture where people can thrive and be fit for purpose

STRENGTH

Show that talking about mental health is a sign of strength not weakness

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