



CREATING HEADSPACE FOR WORK: MENTAL HEALTH IN THE WORKPLACE

KEY LEARNINGS

What are some common signs of poor mental health that you can look for in yourself and be aware of in your colleagues?

What can cause poor mental health in the workplace?

Examine: As a leader, how can I better manage and promote mental health in my workplace? What specific strategies can my organization put in place?

What I learned?

What I'll do?

What I'll share?
