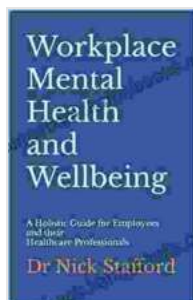


Workplace Mental Health and Wellbeing: A Comprehensive Guide to Promoting Employee Well-being

Mental health and wellbeing are essential components of a healthy and productive workplace. When employees are mentally healthy, they are more likely to be engaged, productive, and satisfied with their jobs. They are also less likely to experience absenteeism, presenteeism, and turnover.

However, mental health problems are common in the workplace. In fact, the World Health Organization (WHO) estimates that **one in four people** worldwide will experience a mental health problem at some point in their lives.



Workplace Mental Health and Wellbeing: A Holistic Guide for Employees and their Healthcare Professionals

by Nick Stafford

★★★★☆ 4 out of 5

Language : English
File size : 5969 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 412 pages
Lending : Enabled

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The good news is that there are many things that employers can do to promote workplace mental health and wellbeing. These include:

- **Creating a positive work environment.** This means providing employees with the resources and support they need to succeed, and creating a culture of respect and open communication.
- **Promoting work-life balance.** This means ensuring that employees have enough time to rest and recharge outside of work.
- **Offering employee assistance programs (EAPs).** EAPs provide employees with access to confidential counseling, support, and resources.
- **Training managers to support employees with mental health problems.** Managers play a key role in supporting employee mental health and wellbeing. They need to be trained to recognize the signs and symptoms of mental health problems, and to know how to respond appropriately.

Promoting workplace mental health and wellbeing is a win-win for both employers and employees. Employers who invest in employee mental health see a return on their investment in the form of increased productivity, reduced absenteeism and turnover, and improved morale.

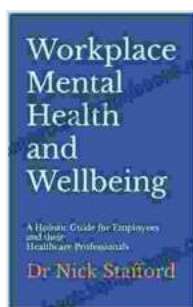
Employees who work in mentally healthy workplaces are more likely to be happy, healthy, and productive. They are also more likely to be loyal to their employers and to stay with their companies for the long term.

If you are an employer, I encourage you to take steps to promote workplace mental health and wellbeing. It is one of the best investments you can

make in your employees and your company.

Additional Resources

- The Centers for Disease Control and Prevention (CDC) Model Workplace Health Promotion Program on Mental Health
- The World Health Organization (WHO) Mental Health
- The National Alliance on Mental Illness (NAMI)



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