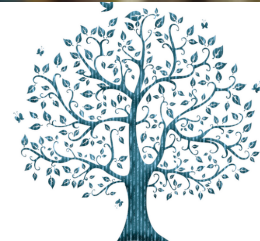


Way to Wellbeing



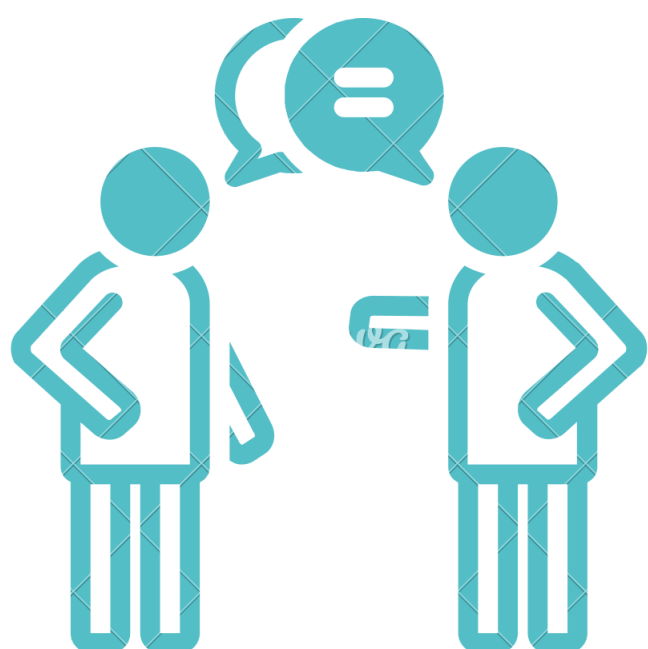
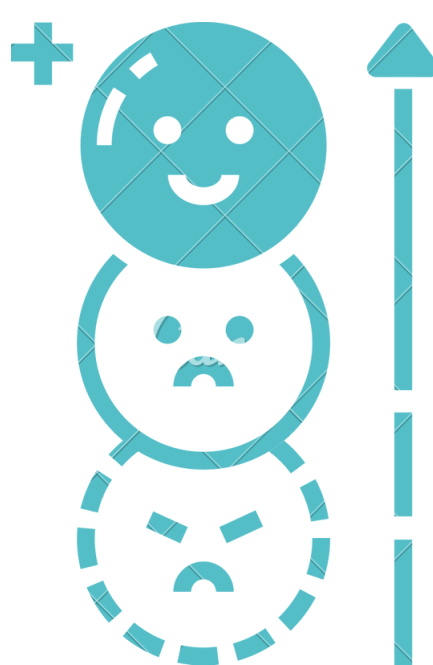
Making workplace wellbeing a reality

A Guide to Mental Health Conversations in the Workplace



Create an open culture by discussing mental health

Start small - ask people how they are



Listen and let people talk

Remember you do not need to 'fix' people



Sharing, talking and feeling 'heard' are key

Follow up conversations

