TIPS FOR LEADERS TO PROMOTE MENTAL WELLNESS IN THE WORKPLACE

1. Utilize #WeSupportU Mental Wellness in the Workplace Cards during trainings, team building, and staff meetings.
2. Schedule and sponsor Suspenders4Hope days within your area where all members wear their Suspenders4Hope shirts in support of mental wellness.
3. Share wellness content and use the #WeSupportU to share your own messages of hope on your professional pages.
4. Encourage participation in the Suicide Prevention Trainings and set a goal for the number of members trained, number of events, number of mental wellness related posts, etc.
5. Identify and assign champions and/or ambassadors for the cause that care about mental health to spread the importance of mental wellness.
6. Check in on teammates and support members that are struggling by referring them to office and community resources.
7. Be vulnerable. It’s important for individuals in leadership positions to normalize mental health.
8. Ensure everyone in your area is aware of office and community resources. Look for the crisis and non-crisis resources sheet.

Visit Suspenders4Hope.com to take the training.