

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.
- 1 Schedule and sponsor Suspenders4Hope days within your area where all members wear their Suspenders4Hope shirts in support of mental wellness.
- 1 Share wellness content and use the **#WeSupportU** to share your own messages of hope on your professional pages.
- 1 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.
- 1 Identify and assign champions and/or ambassadors for the cause that care about mental health to spread the importance of mental wellness.
- 1 Check in on teammates and support members that are struggling by referring them to office and community resources.
- 1 Be vulnerable. It's important for individuals in leadership positions to normalize mental health.
- 1 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.



PennState



#WeSupportU