

LET'S TALK MENTAL HEALTH

Join the conversation
#WellbeingAtWork

DO



Do ask people how they are on a regular basis and talk openly about mental health.

Do learn how to spot the early warning signs of poor mental health or stress.

Do ask your employer for a risk assessment.

Do make helpful adjustments to people's work/working arrangements

Do help people find the right support for them.

DON'T



Don't make assumptions about how someone's mental health affects them.

Don't try to diagnose someone's problems.

Don't share anyone's personal information without consent.

Don't address poor performance without addressing any health issues.

Don't offer counselling or medical advice.

Get advice on supporting your team's mental health at
[cipd.co.uk/knowledge/culture/well-being](https://www.cipd.co.uk/knowledge/culture/well-being)