

5 EASY WAYS

to Support Your Employee Mental Health



1

MAKE IT A COMPANY INITIATIVE

All employees should feel encouraged to talk freely about mental health. Here's how others do it:



“ r u ok?”

initiative by EY:
24/7 counseling sessions



Healthy Minds program

by American Express:
professional psychologists available for employees.



“This is Me”

campaign by Barclays:
tackling stigma of mental health in the workplace

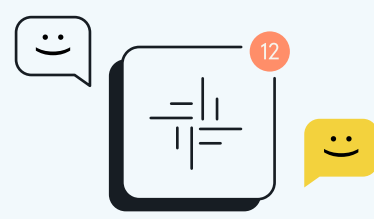
2

CREATE OPPORTUNITIES FOR TOGETHERNESS

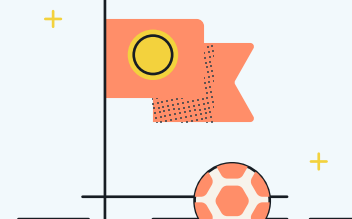
45% of people working from home struggle with loneliness. Initiate ways for employees to socialize beyond work:



Virtual coffee breaks



Non-work slack channels



Start a club

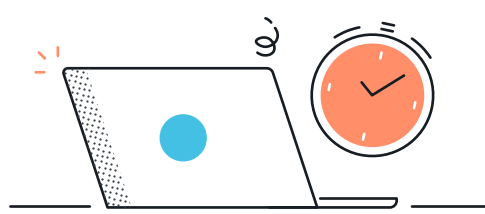
3

FOSTER A HEALTHY WORK-LIFE BALANCE

72% of people feel stress requesting time off. Help your employees truly unplug! Encourage holidays and much needed breaks. Here's how:



Offer mental health days



Allow flexible work hours



Create “me time”

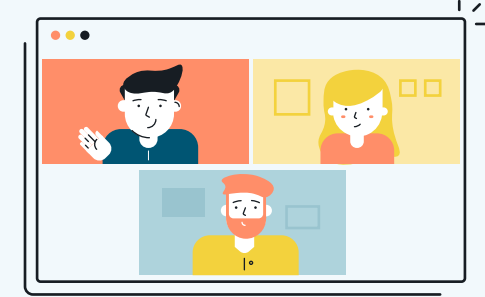
4

PROVIDE ACCESS TO WELLNESS PROGRAMS

Exercise can have a positive impact on **depression, anxiety,** and other mental health issues. It helps relieve stress, improves concentration, and boosts your overall energy levels. Offer your employees:



Corporate fitness programs
Urban Sports Club provides over **500 online fitness options.**



Remote challenges



Meditation breaks

5

GATHER FEEDBACK AND GIVE RECOGNITION

88% of employees believe praise from their manager is a huge motivator. Support your employees by asking them how they are doing. Give them some undivided attention. Use:



15Five

tool for easy feedback flow



Bonusly

platform for employee recognition and rewards

Help your teams feel more supported, healthy, and productive!

JOIN NOW