

Ways to make your workplace mental health-friendly



Encourage open discussions to normalize conversations around mental wellbeing. Regular check-ins help.



Empower with information, self-help resources, and training sessions for managers



Create flexible policies that help employees with mental health issues while maintaining employee privacy



Encourage self-care in the form of mindfulness exercises and webinars



Stigma may lead to putting people at risk.

Let them know it's okay to not feel okay.



Let everybody know help is available



Counsellors



Doctors



Nutritionists



Diagnostics



Pharmacy



Finance advisor



Newsletters



Self-assessments



Live classes



Articles



Videos



Webinars

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