

Mental health at workplace: How to recognize mental abuse



Excessive control

Feeling excessively controlled or isolated from decision-making processes can negatively impact mental health.



Social withdrawal

Isolation from team activities or avoiding social interactions may be indicative of underlying issues.



Constant criticism

Consistent and unwarranted criticism, especially undermining your abilities, could be a form of emotional abuse.



Manipulation

Beware of manipulative tactics, such as gaslighting or controlling behaviours, impacting your emotional well-being.



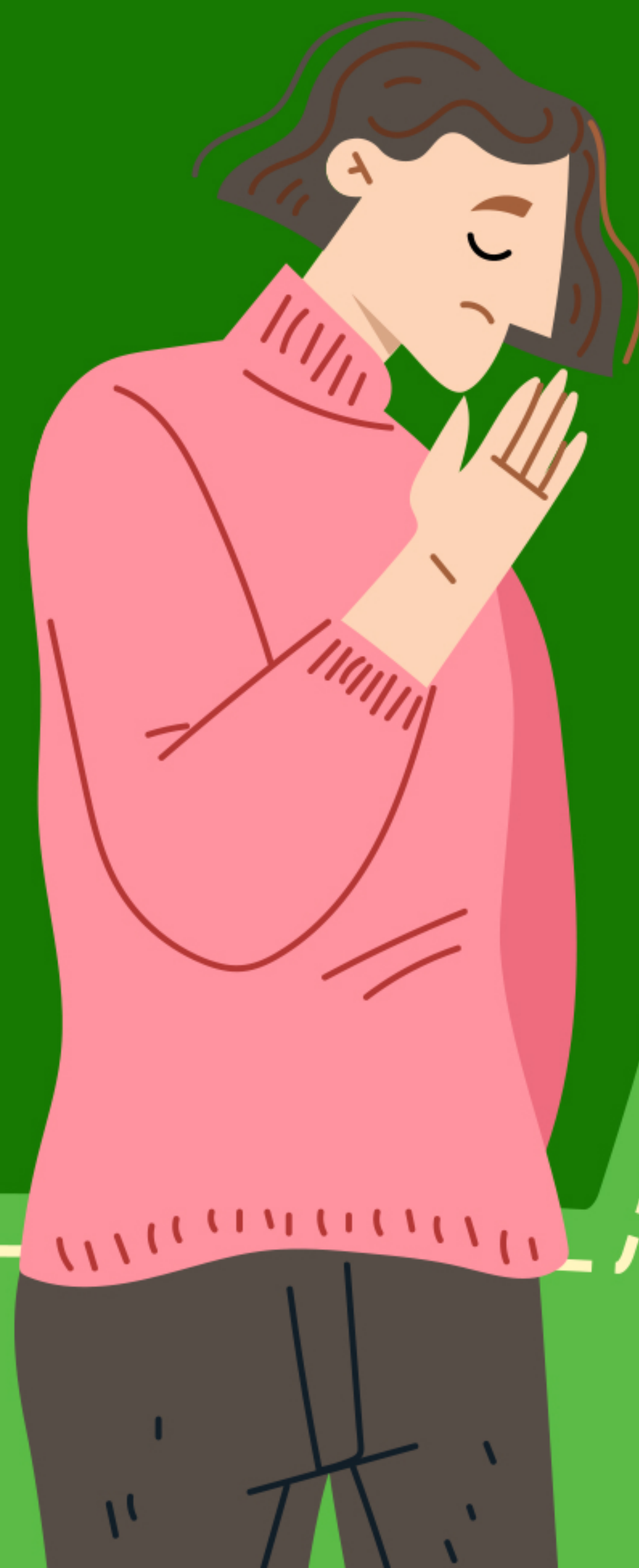
Intimidation or threats

Any form of intimidation or threats, whether direct or subtle, is unacceptable. It's important to address such behaviour.



Invasive

Ignoring boundaries or invading your privacy to pry into your personal or work life is a clear sign of emotional abuse.



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