

Working Together to Address Workplace Stress and Mental Health



Many factors cause stress. Let's work through it together.

Employers can:

- Create a judgement-free, shame-free workplace.
- Be transparent.
- Provide access to mental health resources (e.g., workplace, state, federal programs).
- Encourage workers to seek help when needed.
- Train managers and supervisors to recognize and talk about mental health and substance use.

Workers can:

- Talk with coworkers and supervisors about workplace stress.
- Share ideas about reducing workplace stress with management.
- Take advantage of existing mental health resources.
- Ask for help when needed.

Employers and workers together can:

- Talk openly about workplace stress and collaborate in identifying solutions.
- Monitor one another and talk about mental health concerns.
 - Learn the signs and symptoms of distress, including substance use and risk factors for suicide.
 - Watch for changes in attitudes and behaviors.
 - Tell someone if a person's signs or symptoms worry you.

Reducing workplace stress benefits everyone through:

- Enhanced quality of life
- Lower blood pressure
- Stronger immune system
- Better sleep
- More positive outlook
- Increased productivity
- Improved morale
- Fewer sick days
- Better focus
- Fewer workplace injuries