

# Download How To Support Mental Health And Wellbeing In The Workplace

Value mental health and wellbeing as core assets of your organisation. Commit to developing an approach to mental health at work that protects and improves mental health for everyone, whilst supporting those people who experience distress. How are wellbeing and mental health problems connected? If you experience low mental wellbeing over a long period of time, you are more likely to develop a mental health problem. If you already have a mental health problem, you're more likely to experience periods of low mental wellbeing than someone who hasn't. But that doesn't mean you won't have periods of good wellbeing. Key insights from the 2017/18 Index Research from the second year of the Index shows that feeling motivated, having a manageable workload and taking time to reflect are the three factors most strongly associated with self-reported mental health, anxiety, and happiness at work. Your workplace and its impact on your mental health. by Dr Jocelyn Lowinger. A mentally healthy workplace has benefits for everyone - employees and employers. But what do these working ...