ON CALL

Lay Community Health Advisors

MENTALLY HEALTHY WORK ENVIRONMENT

Definition

Mentally healthy work environment is a place where the demands are realistic and needs of employees and employer are balanced.

Definition

It is a place of positive work culture based on respect and trust, that encourages open discussion about mental health issues of team members.

POSITIVE VIBES

Qualities of mentally healthy environment

- Work culture that promotes open discussion on mental health issues
- Culture of team spirit
- Strong social networks

Qualities of mentally healthy environment

- Good communication, both horizontal and vertical
- Friendly atmosphere and good work settings
- Lack of discrimination and bullying