



MENTAL HEALTH

TOOLBOX TALK SERIES – HEALTH AND SAFETY

December 2023

As we navigate the challenges of our work and personal lives, it's important to foster an environment that supports mental well-being for everyone.

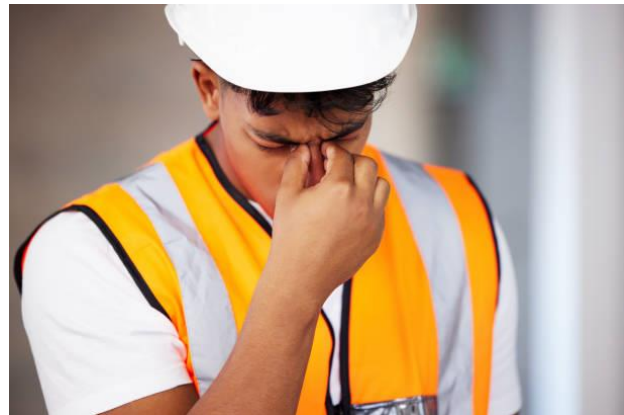
Key Points:

1. Acknowledging the Importance:

- Our mental health is a vital part of our overall well-being. Just as we prioritize our physical health, it's equally important to pay attention to our mental health.

2. Breaking the Stigma:

- Unfortunately, there's still a stigma associated with mental health. We need to break this stigma and encourage open conversations about mental well-being. It's okay to talk about it, and seeking help is a sign of strength.



3. Recognizing Signs and Symptoms:

- It's important for all of us to be aware of the signs and symptoms of stress, anxiety, and other mental health concerns, both in ourselves and our colleagues. Changes in behavior, mood, or productivity could be indicators.

4. Promoting Work-Life Balance:

- Maintaining a healthy work-life balance is crucial for mental health. Let's be mindful of our workload, take breaks when needed, and encourage each other to do the same.



5. Creating a Supportive Environment:

- We all play a role in creating a supportive work environment. Be attentive to your colleagues, offer a listening ear, and be respectful of personal boundaries. Small gestures of support can make a significant difference.

6. Accessing Resources:

- Know that there are resources available to support your mental health. The Town provides EAP services. Take advantage of these resources if you need them.

7. Encouraging Self-Care:

- Self-care is an essential aspect of maintaining good mental health. Encourage each other to engage in activities that promote relaxation, whether it's exercise, hobbies, or spending time with loved ones.

As we strive for excellence in our work, let's also prioritize our mental health. By fostering an environment of open communication, support, and understanding, we can contribute to a workplace where everyone feels valued and cared for. If you have any concerns or need someone to talk to, remember that support is available.

