

HOW TO TALK ABOUT MENTAL HEALTH IN THE WORKPLACE



1 Know your company's mental health policy.

2 Find someone you can trust to confide in.



3 Request confidentiality

4 Be mindful of how much you disclose.



5 Prioritize your needs and expectations.

6 Keep the conversation open.





DO'S AND DON'TS

FOR TALKING TO YOUR
EMPLOYER ABOUT YOUR
MENTAL HEALTH

Don'ts

Assume you need to have a diagnosis to talk.

Don't worry that you need to share every detail.

Ignore red flags that your workplace may not be a safe place to share.

Assume your employer will automatically know exactly how what next steps will look like.

Do's

State your intentions to make it clear what you need out of the conversation.

Only disclose as much as you are comfortable with.

Get to know your companies mental health policy and your individual rights.

Set expectations for next steps.

The support is there, you just need to know how to ask!

