

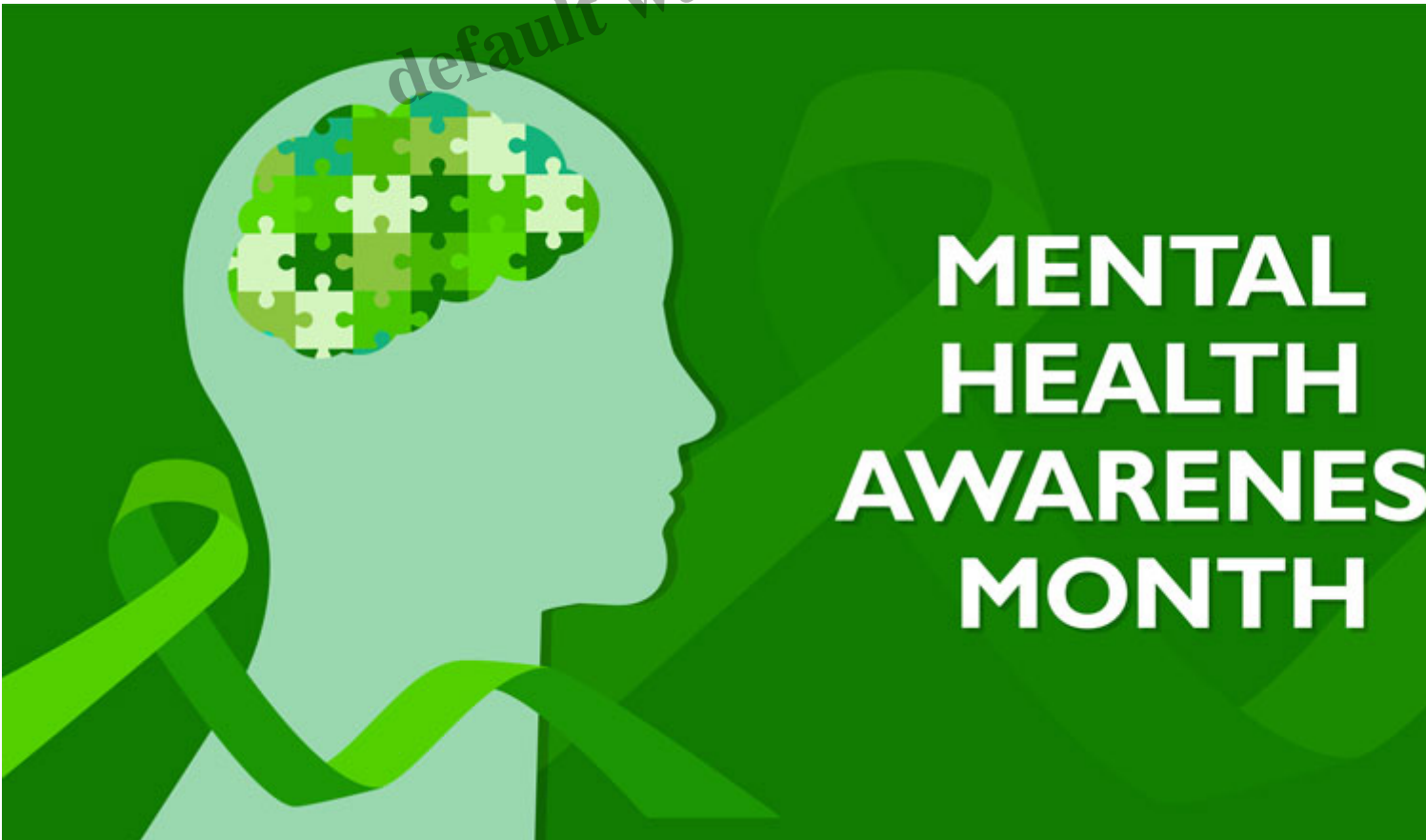


Safe to be you

## Description

**At AfroCentric, we believe mental health is not just a personal concern, it's a workplace priority.**

Our monthly Mental Health Round Table sessions provide a safe and engaging space for employees to explore topics that impact their emotional wellbeing, professional growth, and interpersonal dynamics.



In October, we hosted a Mental Health Round Table where we explored the topic of psychological safety and mental health, unpacking the importance of creating environments where employees feel safe to express themselves without fear of judgment or retaliation.

Psychological safety is a cornerstone of mental wellbeing in the workplace. It encourages open communication, trust, and collaboration – key ingredients for a thriving and resilient workforce. The session delved into how psychological safety impacts mental health, team dynamics, and overall organisational culture.

### The benefits of psychological safety



Improved performance with more creativity and innovation



Improved communication, engagement, and sharing of knowledge among employees



Increased openness to learning



Increased commitment to the organisation



More positive attitudes among employees



Increased levels of initiative



Employees become more open-minded, resilient, motivated, and persistent when they feel safe

### Reach out for help






# AfroCentric Employee Wellness Programme

Available 24 hours a day, 365 days a year.



Scan the QR code or follow the link to access the online portal using your company code

-  Toll-free: **0800 611 189**
-  Request a call back: **\*134\*905#**
-  Email: **help@workcarewellness.co.za**
-  Get in touch online: **http://app.lyrawellbeing.health/**
-  Your company code: **AFR003**

## Category

1. Our Wellness