



Coping with mental health struggles in the workplace

Description

Nearly four in every 10 people around you face a mental health challenge, and many of them, especially younger employees, keep quiet for fear of judgment and discrimination.

AfroCentric Group's Dr Marion Borchers says being mentally healthy is just as important as physical health, especially at work. "We've got to get comfortable talking about mental health in the workplace," she says.

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Creating a better work environment

1. **Make it normal to talk about mental health:** Just like we'd discuss ongoing work projects, we should be able to discuss our mental health.
2. **Learn and teach together:** Businesses should learn and then teach employees about mental-health issues, treatments and ways to cope.
3. **Mind your words:** Think before you speak to avoid hurting someone who is already struggling.
4. **It's brave to ask for help:** If you're going through a tough time, it's okay to ask for help and get support.
5. **Get the full support package:** Make use of the Sanlam Umbrella Fund's free sessions with a psychologist to help you deal with stress and mental health issues.
6. **Share your story:** If you're comfortable, share your story with others to help break down barriers and feel more connected with each other.

"To really tackle mental health stigma in the workplace, we all need to chip in and support one another. Let's break down these barriers together," Dr Borchers says.

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