



Mindful of mental health

Description

Caring about mental health is crucial because it can have a significant impact on employee wellbeing, productivity and overall job satisfaction – and it's the right thing to do. Understanding prevalent mental health conditions can help us to be more supportive and inclusive of colleagues who might be struggling.

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COMMON* MENTAL HEALTH CONDITIONS



Anxiety disorders



Feeling tense, nervous and unable to relax.

Depression

Feelings of loss of interest or pleasure, fatigue, and difficulty concentrating on others.

Burnout



Emotional, mental and physical exhaustion resulting from chronic

Post-traumatic stress disorder

Category

1. Our Wellness

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