

MENTAL HEALTH TIPS

for Business Leaders

1



BECOME A PROFICIENT OBSERVER

It's easy to justify our feelings by telling ourselves, but the real trick is challenging those thoughts.



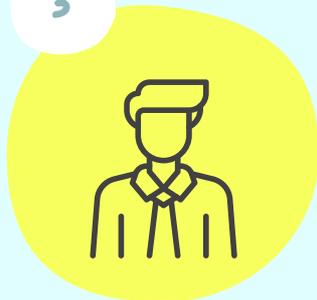
TAKE ACTION BEFORE YOU HIT ROCK BOTTOM

Whenever you notice you're slipping, this is the time to do something about it.

2



3



LEAD BY EXAMPLE FOR YOUR STAFF

It can empower your colleagues when you look after your own mental health.



KNOWING THE SERVICES AVAILABLE

There is a lot of online support for mental health, making it easier to talk and gain confidence.

4

