



# BUSINESS TOOLKIT

## Mental Health



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# 5 TOP TIPS

## Mental Health



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**For many of us, work is a major part of our lives and is somewhere we spend a large amount of time. Having a mental health and wellbeing support system implemented into your workplace is extremely important in promoting a positive work environment and ensuring your employees know that there is support available.**

Christeyns UK has 12 trained mental health first aiders, who have worked hard over the past year to keep their fellow colleagues reminded of the help and support that they can offer, in addition to regularly sending out information and helpful resources.

Throughout the pandemic, Christeyns worked consistently to ensure employees were engaged, informed and encouraged, whilst aiming to promote positivity throughout the business.

Here, the company's Human Resources and Marketing Administrator Lucy Duckworth talks through some top tips to help improve mental wellbeing and employee engagement throughout the workplace:

### 1 Screw the taboo

Aim to reduce the taboo surrounding mental health and get talking about it! Mental health is just as important as physical health, and it is essential that we recognise this so informing your employees on the topic may help them become more comfortable in talking about it.

### 2 Regularly inform the team of the support available

It can be extremely beneficial to your employees that they are regularly and consistently informed that support is available, whether that be through Occupational health, Mental Health First Aiders or through the HR department.

### 3 Keep in touch

Whether you have employees working on-site, from home, out in the field or elsewhere, keeping in touch with them and having regular calls and catch ups can massively help them to feel more supported. Even if it is a chat about what you did on the weekend, having those conversation can help to build a positive relationship and make them feel more comfortable.

### 4 Create some fun

Book clubs, exercise challenges, quiz nights can all be great ways of keeping employees engaged whilst having a bit of fun.

### 5 Keep it consistent

Ensuring the messages that are going out to employees remain consistent to keep them reminded of the importance of mental wellbeing.