

MENTAL HEALTH AT *Work*



X MYTH: “If I admit I’m struggling, I’ll seem weak or unprofessional.”

✓ FACT: Recognizing when you need support shows self-awareness and strength. Addressing mental health early can actually **improve performance, relationships and morale.**

Mental health impacts every part of life - including the workplace.



In early 2024, **1 in 10** employee leaves of absence were related to mental health struggles.

(Business Group on Health, 2024)



Employees have a lot to balance. Beyond themselves, many are also **caring for children facing mental health challenges.**



1 in 3 working parents say their child’s mental health has affected their ability to focus or be present at work.

(Child Mind Institute, 2023)

Your Mind Matters at Work

If you are struggling, you are not alone. Mental health is a part of being human—and part of being a great employee, parent, teammate and friend.

Here’s how we can all help build healthier workplaces:

- Start your workday with 5-minutes of prayer to set the tone for the day.
- Talk openly about mental health to reduce stigma.
- Know what resources and benefits are available, such as Employee Assistance Programs.
- Take PTO when you need it — rest is productive.
- Support each other with empathy and respect.

More Ways to Promote Mental Wellness at Work:

- Normalize checking in with coworkers - “How are you really doing?”
- Create a calm workspace - try soft lighting, a plant or a prayer card at your desk.
- Step outside for a 10-minute break - it can refresh your body, mind and spirit.