

# Let's tackle poor mental health and burnout in the workplace

10th October

#WorldMentalHealthDay

**A mentally healthy workplace is essential for everyone.**

Mental Health UK are calling for everyone to take shared responsibility for workplace mental health. From employers to employees, executives to managers, we must unite in educating ourselves and one another to recognise the signs of poor mental health and provide mutual

support so that we can create healthier, more resilient workplaces where mental wellbeing is a priority for all. Together let's foster environments where everyone can flourish.

Here are the ways your organisation supports your mental health and wellbeing at work:

**It's important that everyone in – this organisation maintains a healthy work-life balance.**

For more information on the support available in your workplace, and how to access it, contact your manager or Human Resources department:



**Visit Mental Health UK's website for more info or scan the QR**  
**[mentalhealth-uk.org/WMHD](https://mentalhealth-uk.org/WMHD)**

