

Simple Mental Health

Leadership
Consulting

 [LinkedIn, Simple Mental Health](#)

 [Instagram, Simple Mental Health](#)

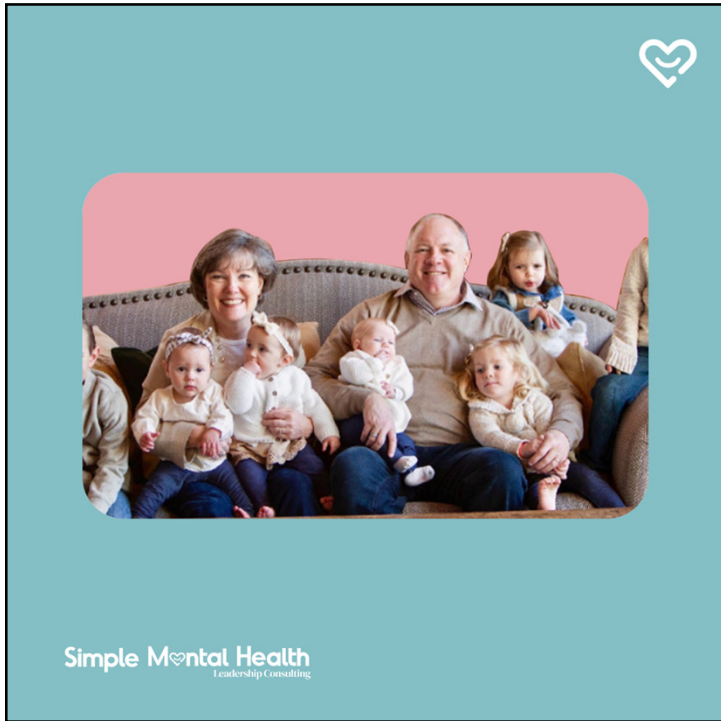
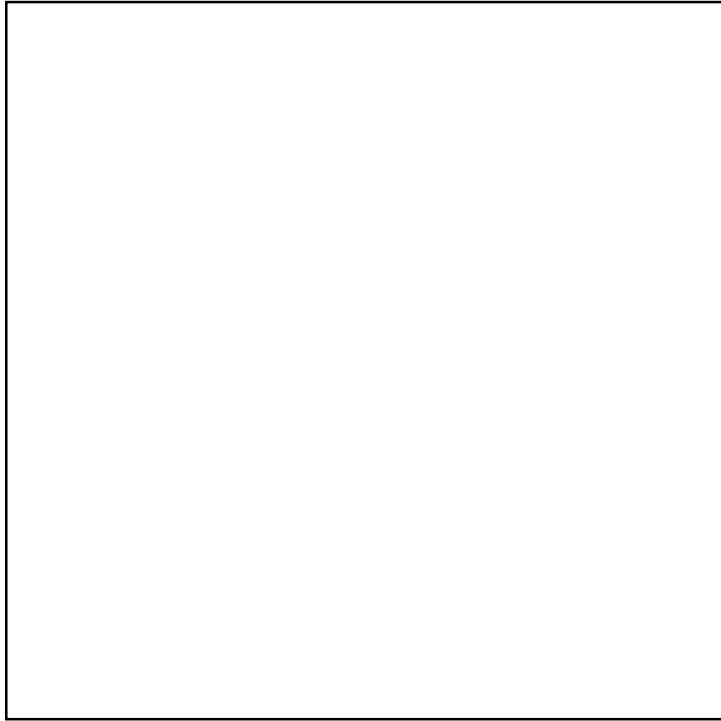
 [Facebook, Simple Mental Health](#)

Put Mental Health Literacy



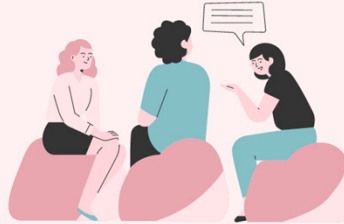
IN YOUR
**FINANCE
TOOLBOX**

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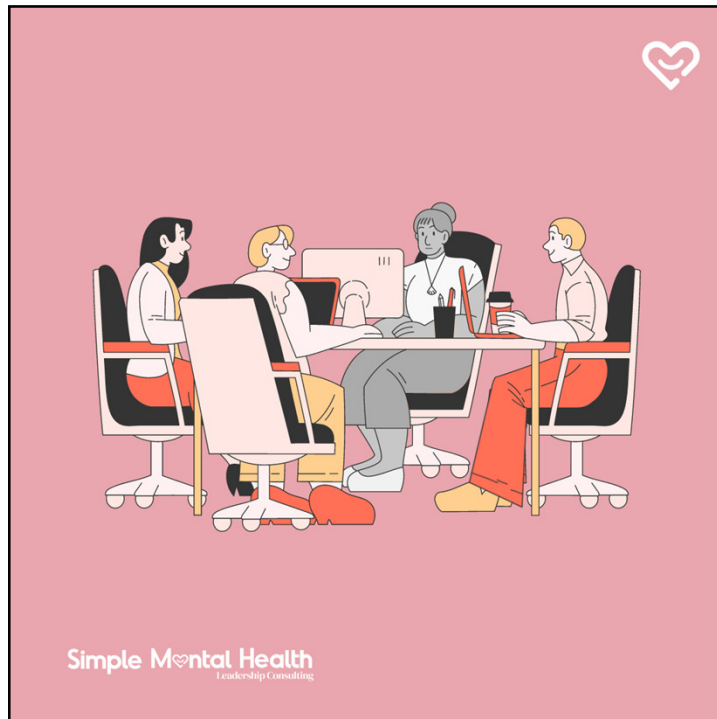
Mental Health Literacy

is understanding that mental illness is just as real and painful as physical illness, knowing how to recognize if someone is struggling with their mental well-being, and knowing how to help them get help.



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What Mental Wellbeing Impacts

The infographic features five icons representing different workplace metrics: a person with a gear and speedometer for Productivity, a calendar and clock for Attendance, two hands shaking for Retention, a bar chart with an upward arrow for Overall Team Performance, and a person at a desk with a plus sign for Individual Employee Satisfaction.

Productivity Attendance Retention

Overall Team Performance Individual Employee Satisfaction

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A Toxic Workplace is the NEW SMOKING

The illustration shows three people sitting at a desk, looking stressed and bored. Two large hands are pointing towards them from above. In the background, there are stacks of papers and a clock, suggesting a high-pressure, unproductive environment.

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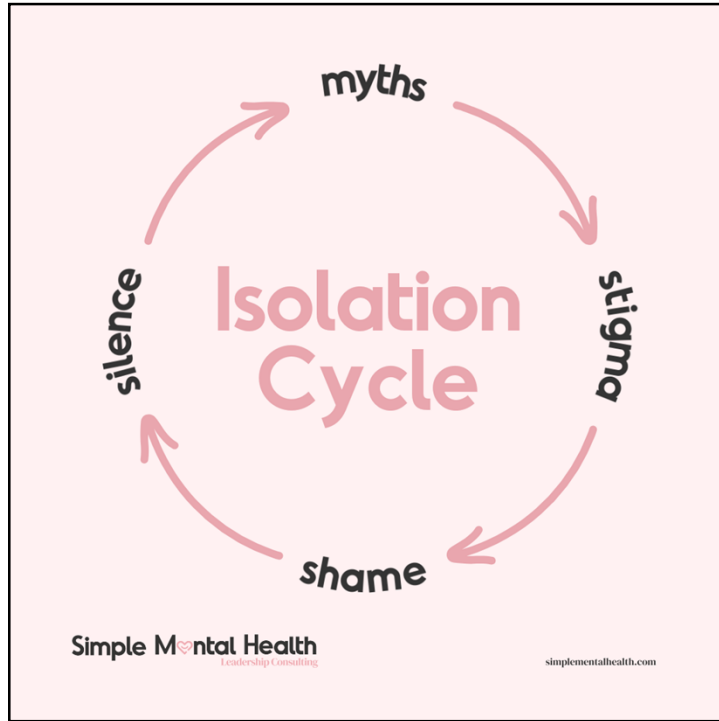
Did you know?

Stigma

alone prevents 80% of employees from seeking out mental health support

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Mental Health
FIRST AID

from NATIONAL COUNCIL FOR
MENTAL WELLBEING

www.mentalhealthfirstaid.org

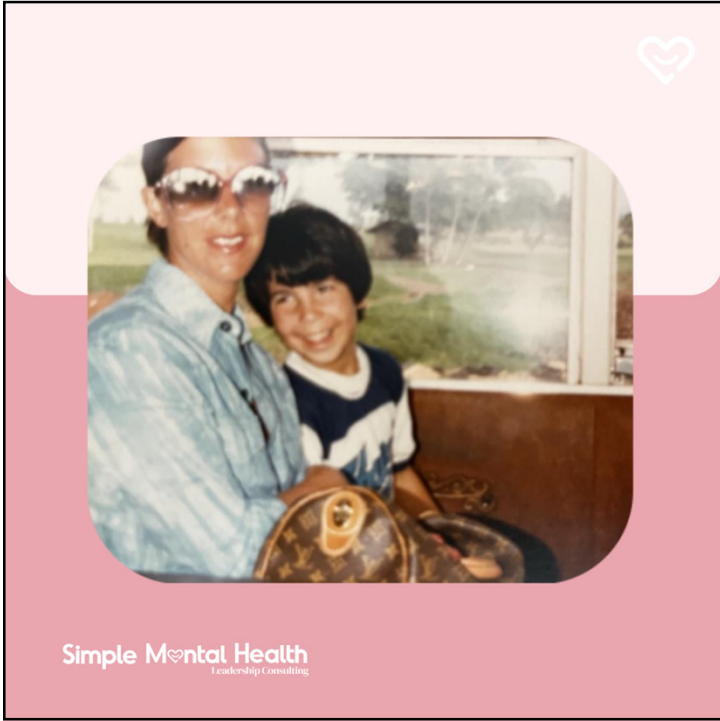
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A portrait of a man with sunglasses, smiling, set against a dark teal background. In the top right corner, there is a white heart icon. At the bottom left, the text reads "Simple Mental Health" with a heart icon over the word "Mental", and "Leadership Consulting" in smaller text below it.







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How to Make your Workplace
Stigma-free

- 1 Decide to become mental health literate
- 2 Invest a day in a mental health literacy class
- 3 Take what you learned and use use it at work

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Leading by example

The graphic features three heart icons. A small white heart outline is in the top right corner. A larger, light orange heart outline is behind the first step. Another light orange heart outline is behind the second step.



