

# World Mental Health Day: Mental Health at Work

## According to the World Health Organization<sup>1</sup>:

- Mental health and work are closely linked:
  - Supportive work environments foster mental health, including purpose and stability.
  - A supportive work environment fosters mental health, but poor working conditions can harm mental health.
- Impact on individual:
  - Lack of support for people with mental health conditions can negatively impact their self-confidence, enjoyment at work, capacity to work, absences, and ability to gain employment.
- Stigma creates barriers to employment:
  - Stigma and discrimination often prevent people with mental health conditions from seeking help or finding and keeping jobs.
  - Reducing workplace discrimination through awareness, training, and engagement with people living with mental health conditions creates healthier, more inclusive work environments.

## How You can Support Workplace Mental Health<sup>2</sup>:

- Express Gratitude:
  - A simple expression of gratitude to those around you can foster high-quality relationships and a more positive and collaborative workplace.
- Prioritize No Meetings & Meeting-Less Days:
  - Designate two or three no-meeting workdays a month and ask staff to refrain from scheduling meetings on those days.
- Engage in Mindfulness Activities:
  - Take a few moments throughout the day to pause and focus on the present.
- Be a Source of Social Support:
  - Engage in active listening with a colleague and provide emotional support.
- Train Managers to Support Mental Health<sup>1</sup>:
  - Employers should provide managers with training to recognize and address stressors in the workplace to effectively support their teams.

## Bellevue College Resources

- Drop-in crisis counseling services for students are available Monday through Friday from 9 am to 4 pm in U201. Drop-in is designed to support students who identify as being in imminent harm to themselves or others, or are in high emotional distress.
- Attend a Mental Health Advocacy training through the Faculty Commons – open to faculty and staff.

## 24/7 Crisis Support

If you or someone you know is experiencing a crisis, these resources can offer assistance:

- **Crisis Connections:** Free 24-hour crisis support via phone. Call 988.
- **Crisis Text Line:** Free 24-hour crisis support via text message. Text “HOME” to 741741 to get started.