

17 Ideas for

MENTAL HEALTH MONTH



It's that time of year again! What are you planning this Mental Health Month? Here are some ideas to get your creative juices going.

Whatever you decide to do, whether it is highly targeted skills development, or a bit of light fun to build engagement and connection, make sure you keep the focus on wellbeing all year round.

1. Share Videos about Mental Health

Send interesting stories & ideas about mental health & wellbeing daily. (Follow Mental Wealth TV on YouTube!)



2. Invite a Speaker

Get an expert to start a conversation about wellbeing with your team, either in person or online.



3. Join Online Mental Health Live Sessions

Tune in to our weekly Mental Health Live Q&A sessions on Facebook throughout the month.



4. Wellbeing Survey

Use a well-crafted Employee Wellbeing Survey to get a real picture of how your people are feeling.



5. Offer Mental Health Training (Live or Online)

Upskill your team to identify or cope with anxiety, stress or depression for work or their families.



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6. Mental Health Posters

Create good vibes by placing positive posters around the workplace, that make people feel good.



7. Thank Someone

Let someone know what you like, admire or appreciate about them. We all need a little reminder sometimes!

8. Gift a Book on Mental Health

Like our book! Gift your leaders a copy of `Mental Wealth` so they can really understand how to support their teams best.



9. Commitment Statement

Communicate your commitment to psychological safety and workplace wellbeing by sharing your commitment statement.

10. Identify Champions for Mental Health

Put the call out for people who want to upskill in mental health and assist in communication and raising awareness.



11. Redecorate

Review the physical work space through a lens of mental health. What makes people feel good and productive?

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12. Host a Challenge

Get people involved in a friendly wellbeing competition - most steps walked, happiest virtual background, etc.



13. Share an Inspiring Recovery Story

Have key staff members share their stories of recovery from mental ill health. Break stigma and show recovery happens



14. Inject Some Humor

Laughter really is the best medicine. Share a joke of the day, or recognize employees with tickets to a comedy show.



15. Music & Dance

Put some music on from time to time as a reminder to get up, stretch, and take a break.



16. Promote Your EAP

Make sure people know about your Employee Assistance Program, how it works and how to access it.



17. Serve Food

Bring people together for a morning or afternoon tea, just to connect and recognize mental health.

