

MENTAL
HEALTH
at WORK



MENTAL HEALTH AND THE WORKPLACE WHAT IS MENTAL HEALTH?

www.mhaw.uk.com

WHAT IS MENTAL HEALTH?

An Introduction

Mental health is a measure of the health status of our mind.

Mental health is critical for overall wellbeing and refers to the health of our minds, just as physical health refers to the health status of our body.

Like physical health, our mental health exists on a continuum. We move up and down the continuum from health to issue to illness and back again dependent on a number of factors.

Being aware of our own mental health is an essential first step in sustaining overall health and wellness.



At Mental Health at Work we believe that everyone needs to understand more about mental health in the workplace.

We start by raising your awareness of mental health issues, challenging myths and improving overall literacy around mental health. This is supported by line manager development, leadership skills, guidance, practical application and organisational support to ensure that consideration of mental health is promoted as an integral part of working life.

To find out more please call or email:
training@mhaw.uk.com

www.mhaw.uk.com