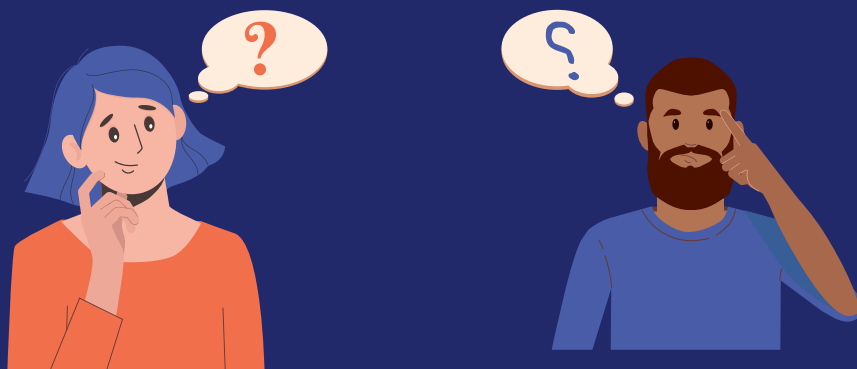


Mentally Healthy Workplaces

Checking in on others



In today's fast-paced world, it's easy to get caught up in the demands of work and forget to prioritise our mental health. That's why it's important to take the time to check in on our colleagues to ensure that everyone is doing well. In this brochure, we'll explore the importance of checking in on your mental health and provide tips on how to do so.

Why is checking in important?

Checking in on the mental health of your colleagues is important because it shows that you care about their wellbeing and can foster a supportive work environment. When people feel supported, they are more likely to be productive, engaged, and motivated which ends up being a win-win for everyone!

Tips for checking in:

- 1 Regularly Check-In**
You don't have to wait until R U OKAY day to check in on a colleague (or friend) and ask how they're doing. By asking how they're doing as regularly, it can create opportunities and avenues for those around you to share when they're not doing so well.
- 2 Be Observant**
The first sign of someone's ill mental health can often be observed in their behaviour or mood. If you notice something different, ask how the person is doing and if they need any support.
- 3 Practice Active Listening**
This means giving your full attention, asking follow-up questions, and showing empathy when someone is sharing their story.
- 4 Normalize Mental Health Conversations**
It's important to be the change you wish to see. By being open and vulnerable about how you're feeling, it'll encourage those around you to do the same. Chances are, people around you are feeling the same way too.
- 5 Encourage Help-Seeking**
If someone opens up to you and you want to ensure they get the help they need to feel supported in a way you cannot offer, encourage them to help-seek. Remind them that there's an EAP program with someone they can talk to and hotlines like beyond blue and lifeline.

Checking in on your colleagues is an important part of maintaining good mental health in the workplace. By regularly checking in, being observant, practicing active listening, normalizing mental health conversations, and encouraging help-seeking behavior, we can create a supportive work environment where everyone feels valued and cared for.

If you have any questions or would like to know more, we are here to help! Illuminate Minds is your Employee Assistance Program (EAP) provider and offer free and confidential counselling services both in person or over the phone. Feel free to give one of our friendly team members a call on (08) 6118 2684 to book an appointment. If you are in a crisis or need immediate support please contact: **Lifeline: 13 11 14 Mental Health Emergency Response Line: 1300 555 788 (Metro) 1800 676 822 (Peel) Emergency: 000**

