

World Mental Health Day 2015

Dignity in the Workplace

This year, World Mental Health Day is focused on the theme of 'Dignity' and on 10 October people across the globe will take part in activities and open up conversations around what dignity in mental health means to them.

Here are some top tips from leading mental health training provider, Mental Health First Aid England, on how to bring dignity into the workplace.

To find out more about how Mental Health First Aid England can help you or your organisation bring dignity into the workplace call our Workplace team on 020 7250 8062.

The images featured on this page were designed by MHFA England's good friends at thementalblocks.com. Follow @MHFAEngland and @Mental_Blocks on Twitter and join in the conversation around dignity in mental health using #WMHD15



If you are concerned about a colleague, take the time to ask if they are ok. You don't need a formal setting - a few minutes to listen over a cup of tea can make all the difference to someone's day.

Build a respectful culture around mental health by being conscious of the language you use. Words such as 'mad', 'mental', 'psycho', 'lunatic', etc. quickly slip into everyday conversations. Managers in particular can help by picking up on this and modelling a positive attitude and language.



Send a get well card to a colleague who is experiencing mental ill health - just as you would when someone is absent because of physical illness. Simple words like "I hope you feel better soon" can make them feel that you care.

Hold back to work interviews in a private space. Consider a neutral space (such as a café) rather than work grounds. This can help people feel safe, particularly when they may be concerned about wider stigma in the office environment.



Ensure that staff have received adequate awareness and skills training, so they are equipped to support staff who are experiencing a period of mental ill health.

Accept the existence of mental ill health as a normal part of life, just as physical ill health, and make it clear at an organisational level that you consider them equally important