



6 tips for managing workplace mental health

As global requirements mandate stricter support for mental health and wellbeing in the workplace, businesses are developing internal policies and programs to foster a healthy work culture.

Taken from our eBook **Mental health in the workplace: A guide for EHS managers**, our experts share their top tips for navigating this evolving regulatory topic.

#1.

Gather information and insights

Collect legislative data to understand your company's current position in the mental health compliance landscape, and utilize these insights to build or expand on internal policies.



#2.

Perform internal assessments

Identify potential compliance gaps by using occupational assessments to evaluate mental health risks.



#3.

Establish corporate standards

Set baseline corporate standards on mental health, applicable to all, to standardize compliance.



#4.

Build a culture

Foster a safe workplace culture that prioritizes employee mental health with training, leadership support, transparent communication, and accessible onsite and offline resources.



#5.

Customize the approach

Consider the age, gender, culture, personality, and industry of your employees to develop the most effective and suitable mental health policy.



#6.

Futureproof your business

Track local, state, and federal mental health regulations and emerging trends in the space to ensure your policy is always up to date.



Our new eBook, **Mental health in the workplace: A guide for EHS leaders**, outlines the mental health landscape, defining emerging themes, potential business risks, and proactive solutions for managing this evolving topic.

[Download the eBook](#)