Mind map

Mental health in the workplace: signs, risks and what helps

What the World Health Organization says

- According to the World Health Organization
- WHO also stresses the other side: decent work protects mental...

Risk factors at work

- Excessive workload
- Low control: no say over how or when the work gets done
- Job insecurity: constant fear of layoffs or unexplained...
- Poor relationships

Mental health in the workplace

Warning signs a manager can notice

- withdrawal and silence from someone who used to join in
- irritability, tears or disproportionate reactions
- a sudden drop in quality, forgetfulness and missed...
- frequent absences or, at the other extreme

What employers can do

- 1. Prevent at the level of work design
- 2. Train managers
- 3. Support those who need it

Frequently asked questions

1. What is mental health in the workplace?
2. What is a manager's role in team mental health?
3. Are employers required to manage mental health risks?

Key takeaway

Mental health in the workplace: what WHO says, warning signs, risk factors and practical actions for managers and employers, based on official guidelines.

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