



MENTAL HEALTH MONTH IDEAS

It's that time of year again! What are you planning this mental health month? Here are some ideas to get your creative juices going.

Whatever you decide to do, whether it is highly targeted skills development, or a bit of light fun to build engagement and connection, make sure you keep the focus on wellbeing all year round.

1

SEND OUT MICRO VIDEOS

Send daily snippets of interesting stories or ideas about mental health and wellbeing

2

INVITE A SPEAKER

Get an expert to start a conversation about wellbeing with your team, either in person or online.

3

JOIN 'MENTAL HEALTH LIVES'

Tune in to our weekly Mental Health Live Q&A sessions throughout the month. Get your questions answered!



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4

SURVEY YOUR PEOPLE

Use a well crafted Employee Wellbeing Survey to get a real picture of how your people are travelling.

5

OFFER LIVE OR ONLINE TRAINING

Upskill your people in how to identify and respond if they or a colleague, friend or family member is not coping

6

POST POSTERS

Create good vibes by placing positive posters around the workplace, that make people feel good.

7

THANK SOME ONE

Let someone know what you like, admire or appreciate about them. We all need a litte reminder sometimes!

8

GIFT `MENTAL WEALTH`

Gift your leaders a copy of `Mental Wealth` so they can really understand how to support their teams best.



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9

COMMITMENT STATEMENT

Communicate your commitment to psychological safety and workplace wellbeing by sharing your commitment statement.

10

IDENTIFY CHAMPIONS

Put the call out for people who want to upskill in mental health and assist in communication and raising awareness.

11

REDECORATE

Review the physical work space through a lens of mental health. What makes people feel good and productive?

12

HOST A CHALLENGE

Get people involved in a friendly wellbeing competition - most steps walked, happiest virtual background, etc.

13

SHARE A RECOVERY STORY

Have key staff members share their stories of Recovery from mental ill health. Break stigma and show Recovery happens



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14

INJECT SOME HUMOUR

Laughter really is the best medicine. Share a joke of the day, or recognise employees with tickets to a comedy show.

15

MUSIC & DANCE

Put some music on from time to time as a reminder to get up, stretch, and take a break.

16

PROMOTE YOUR EAP

Make sure people know about your Employee Assistance Program, how it works and how to access it.

17

SERVE FOOD

Bring people together for a morning or afternoon tea, just to connect and recognise mental health.



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