

The image features a central white banner with a blue border, tilted upwards from left to right. The banner contains the text "Mental Health in the Workplace" in a bold, white, rounded font. The banner is set against a blue background that has a semi-circular shape at the top and bottom, filled with a pattern of small white dots. The overall design is clean and modern, with a focus on the text.

**Mental Health
in the Workplace**

Mental health issues are a reality for many. A better understanding helps to reduce stigma and encourages people to get the help they need.

MYTH:

Mental illnesses aren't real illnesses.

FACT:

Mental illnesses create distress, don't go away on their own, and are real health problems with effective treatments.

MYTH:

Mental illnesses are just an excuse for poor behaviour.

FACT:

Some people with a mental illness may act differently. But, remember that it's the illness behind these behaviours, not the person, and they may feel quite embarrassed or ashamed about them.



**Be a
Mythbuster!**

MYTH:

People who ask for help in dealing with a mental illness are weak.

FACT:

Asking for help when you need it is a sign of strength, not weakness.

MYTH:

People with mental illnesses are violent and dangerous.

FACT:

People with a mental illness are no more violent than others. They are actually much more likely to be victims of violence than be violent themselves.



**Your
mental
health
matters!**



SUPERIOR Mental
Wellness
@ WORK