



Stand up to



**mental
health
stigma**

Ending mental health stigma encourages people to reach out for support when they need it.

Educate yourself about mental health

- ✓ Check your internal biases.
- ✓ Challenge myths and stereotypes.



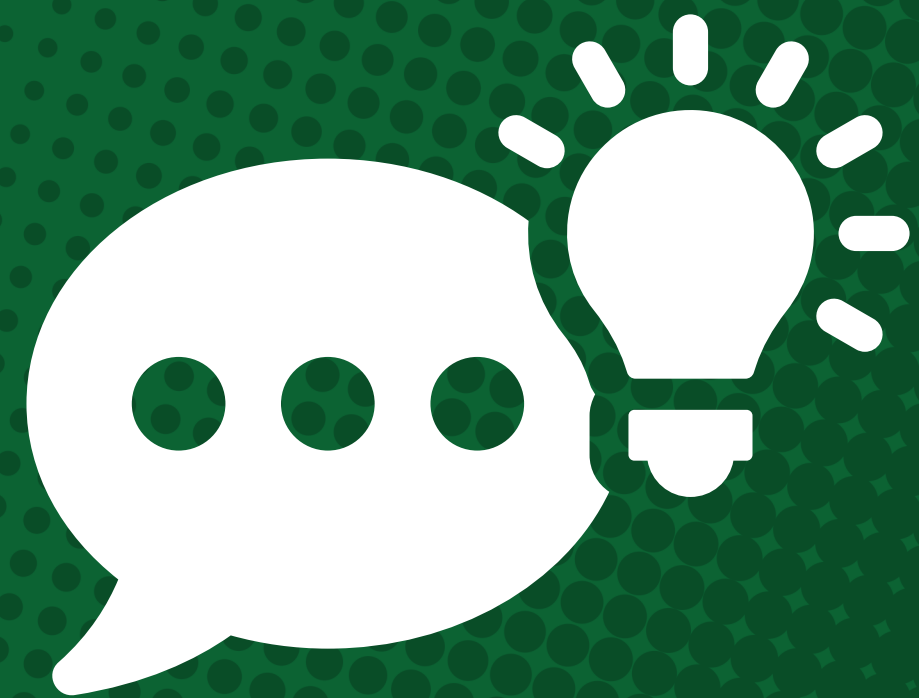


Have open conversations

- ✓ Create a culture where it's safe to speak freely about mental health.

Choose your words wisely

- ✔ Be mindful that words like "crazy", "psycho" or "nuts" reinforce stigma.
- ✔ Use positive language that avoids labeling a person.





Support your coworkers

- ✓ Listen with compassion.
- ✓ Share helpful resources.
- ✓ Align seeking help with strength, not weakness.

**Your words
and actions
matter!**





SUPERIOR Mental
Wellness
@ WORK