

Let's talk about mental health

Talking about your mental health at work

Tips to Help it go Well

1. Pick your time and place.
2. Come prepared.
3. Explain why you wanted to talk, what support you need and how you are managing your wellbeing.
4. Provide examples of how your wellbeing is impacting your work.

Things to Remember

1. Be open and honest, share only what you're comfortable sharing.
2. It might be a bit awkward at first.
3. Your leader might not understand, but that doesn't mean they won't want to help.



Deciding Whether to Have the Conversation

This is a personal decision. But if you need support, it's important to know how to have the conversation.

Not sure what to do? Try out the ['Pros and Cons' tool](#) from Australian mental health organisation, Heads Up.

Reach out to a Support Person

Speaking up can be daunting so discuss your planned conversation with a family member, friend or colleague.

It's also a good idea to have a support person either in the meeting with you or to debrief with afterwards.



Are you a leader?
Read the tip-sheet on how to have a mental health and wellbeing conversation with your team members.



How would you start a conversation about mental health at work?