

# Prioritising mental health has never been more important.

We know that mental health can often take a back seat. But the truth is, more than 1 in 6 people at work are struggling with their mental health right now.

It can be tricky to know where to start when it comes to looking after your mental health, or making your workplace mentally healthy. Mental Health at Work, a website curated by Mind, is your first stop to help you find what you need to start making a difference.

Our website includes -

- Free, practical workplace wellbeing resources
- Personal stories to inform and inspire
- Pre-packaged toolkits designed for all businesses - whatever the size, whatever the sector

Wherever you work and whatever you do, Mental Health at Work is here to help you make a change for better workplace wellbeing.

Visit [www.mentalhealthatwork.org.uk/smallworkplaces](http://www.mentalhealthatwork.org.uk/smallworkplaces) by scanning the QR code to get started.

**MENTAL  
HEALTH  
AT WORK**

Curated by

