

Let's talk about it
Changing attitudes towards our mental health at work


#MentalHealthAtWork



VIA VERITAS VITA

Why is this important?

We don't shut off anymore



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Stress has always been an issue, but even more so now

Therefore, employers have a duty to ensure the mental health of their employees

How do we do this?

Common theme across presentations: **communication!**

Just knowing that there is someone you can talk to helps immensely

Not only for those with disorders; but for everyone

Headtorch™
WORKS



How does this relate to PosPsy / mHealth?

massHealth: prevention of diseases before they even occur

Mental health is a continuum, not a finite state where diseases start

Thank you for listening!