



We all have physical and mental health, **they are both equally important and influence each other.**



Mental health conditions are the **leading cause of absenteeism** in the workplace.

**1 in 6 people in the workplace will experience a mental health condition** at some point in their life



but **only a third of them will seek help and treatment.**

A mentally healthy workplace **ensures less accidents, less injuries, better decisions and motivated employees.**



Mental health **changes over time**, it's a continuum.