

CHECKLIST FOR A SAFE HOME & WORKPLACE

HOME

ENCOURAGE OPEN COMMUNICATION

Actively listen to family members and value diverse perspectives.

PROMOTE INCLUSIVE BEHAVIOUR

Create a sense of belonging for all individuals in the home.

FAMILY PRIORITISES MENTAL HEALTH

Create a routine or activities that promote self-care and stress-management strategies.

ADDRESS MISUNDERSTANDINGS PROMPTLY

Addressing conflicts quickly and effectively help individuals feel safe and supported.

FOSTER A FAMILY CULTURE OF TRUST

Be transparent and honest about family decisions and changes.

ENSURE COMFORT IN SEEKING HELP

Without fear of negative consequences or judgment.

PROVIDE SUPPORT RESOURCES

Easy access to mental health professionals or other relevant resources they need.

PROVIDE OPPORTUNITIES TO GROW

Develop skills and interests to encourage engagement and motivation.

LEAD BY EXAMPLE

Model behaviours that prioritise psychological safety and mental health well-being

WORKPLACE

EDUCATE EMPLOYEES

Providing education and training on mental health awareness and best practices for supporting individuals with mental health challenges can help reduce stigma and increase understanding and empathy.

PROMOTE INCLUSIVE BEHAVIOUR

Encouraging inclusive behaviours such as active listening, valuing diverse perspectives, and respecting differences can create a sense of belonging and safety for all individuals in the workplace.

PROVIDE SUPPORT & RESOURCES

Offering resources such as employee assistance programs, mental health resources, and other support services can help individuals access the support they need to manage their mental health challenges.

LEAD BY EXAMPLE

Leaders and managers should model behaviours that promote psychological safety, such as being approachable, empathetic, and transparent.

TAKE ACTION AGAINST DISCRIMINATION & HARASSMENT

Addressing discrimination and harassment promptly and effectively can help individuals feel safe and supported, reducing the likelihood of negative mental health outcomes.

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