PSYCHOLOGICAL
SAFETY

A term used to describe a social environment where people feel comfortable to be their true selves without fear of judgement or consequence.

Enabling overall wellbeing is essential for creating a workplace culture or home environment where individuals feel comfortable expressing themselves; taking risks; being creative; and feel comfortable discussing challenges or seeking support.

This leads to improved access to support resources and mental health outcomes for individuals in the workplace and our communities

HOW TO CREATE A SAFE WORKPLACE & HOME

Psychological Safety refers to the feeling of being able to openly express one's thoughts, feelings, and concerns without fear of negative consequences, such as discrimination or retribution.

It is an important aspect of overall mental health well-being.

It plays a vital role in promoting mental health by creating an environment where individuals feel comfortable discussing their challenges and seeking support.

It allows for a more open and honest communication between individuals, which can lead to increased trust and improved relationships.

In the workplace, psychological safety is created by fostering a culture that values and respects individuals' mental health, provides access to resources and support, and encourages open communication and feedback.

By prioritising mental health psychological safety, organisations can create a healthier and more productive work environment, benefiting both employees and employers alike.

When people feel psychologically safe in their workplace, they are more likely to be engaged, motivated, and committed to their work. They are also more willing to take risks, share their ideas, and collaborate with others, leading to increased innovation and creativity, along with lower levels of stress, anxiety, and depression.

Organisations benefit from increased productivity, improved morale, and reduced costs associated with mental health-related absenteeism and turnover.

On the other hand, when individuals feel unsupported, disrespected, or marginalized, they are more likely to experience negative mental health, including burnout and decreased job satisfaction.

In the home, increased communication and trust enables openness and honesty, better conflict resolution with fewer misunderstandings and better relationships between family members.

Furthermore, it builds greater resilience as they are better equipped to handle life's challenges and setbacks, leader to greater resilience and mental toughness.

DOWNLOAD CHECKLIST FOR A SAFE HOME & WORKPLACE

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