

# Mental health – Practical & Proactive

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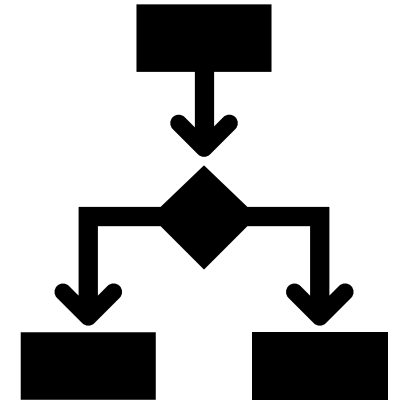
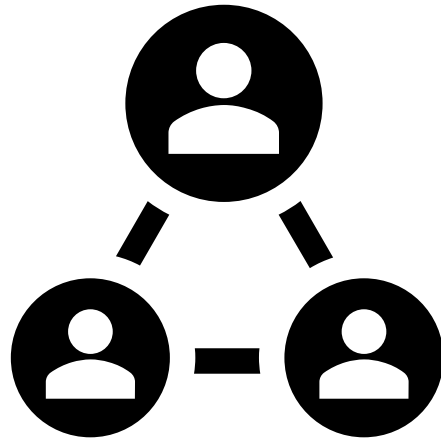
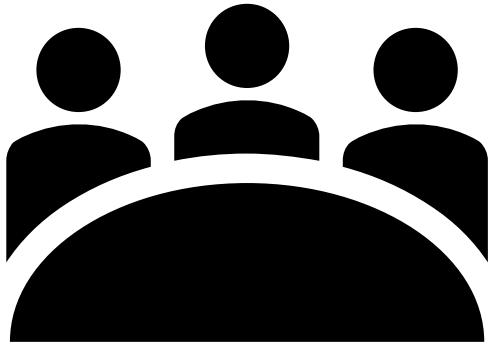
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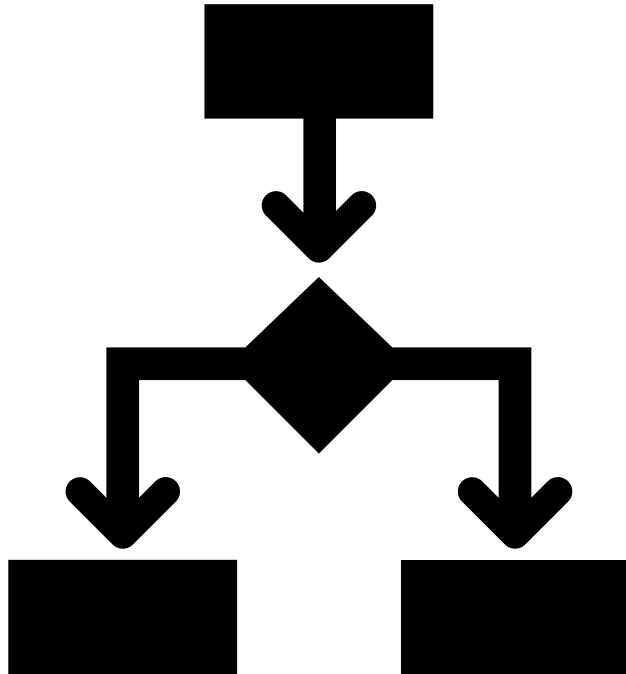


Department for  
International Trade

# Breaking Taboos & Removing Stigmas!

1. Proactive help and support in the office and for remote workers
2. Break down the taboo of discussing mental health in the workplace and the avenues of support
3. What does good mental health support look like in practice?





# Resources

Employee Assistance Programmes

Mental Health First Aid

Respect at Work First Responders

Occupational Health

Wellbeing team provision

Coaching

Health & employee benefit schemes

Staff networks