5 Tips for Supporting Mental Health

One in five people live with a mental illness.
Supporting them fosters a healthy and safe
space where everyone can thrive at work.

1. ## Check In
Simply asking, "How are you?" can go a long way.

2. ## Listen Without Judgement
Being present and empathetic shows that you value your
colleagues' wellbeing.

3. ## Be Mindful of Language
Using respectful and inclusive language promotes a positive
environment.

4. ## Normalize the Conversation
Mental health is just as important as physical health. Practice
talking openly in a way that feels comfortable for you.

5. ## Provide Resources
Connect people to support.
NAMI-NYC Helpline: 212-684-3264 or helpline@naminyc.com
U.S. Suicide & Crisis Lifeline: Dial 988

5 Tips for Encouraging Disability Inclusion

1. Educate Yourself
Deepen your understanding of disabilities. It is human nature to notice differences, but disability does not define us, it is one part of who we are.

2. Be Mindful of Language
Some people prefer person-first language ("I am a person with a disability"), others prefer identity-first language ("I am a disabled person"), and some don't have a preference at all.

3. Offer Help
Ask before helping. Doing so acknowledges and respects your colleagues' independence.

4. Promote Accessibility
Quick wins include providing captioned meetings, accessible documents, and descriptive text for images.

5. Challenge Stereotypes
Guide conversations that address and correct common myths about disabilities.