



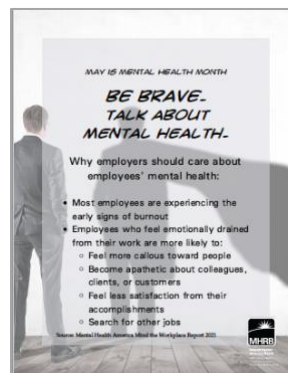
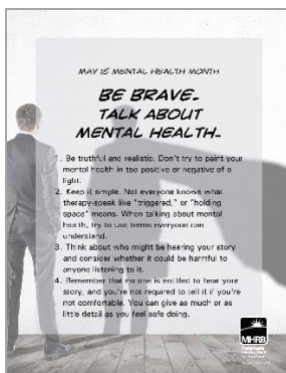
**Mental Health  
Recovery Board**  
Clark | Greene | Madison

*Pathways for everybody, every family.*

## Mental Health Month Toolkit

Did you know that May is Mental Health Month? For people experiencing mental health problems, stigma is one of the chief barriers to seeking support. Stigma can be a particularly strong deterrent to seeking support in the workplace, especially as over 56% of employees believe their employers do not provide a safe and welcoming environment for people with mental illness. Stigma prevents people from identifying, understanding and receiving support—and subsequently, untreated mental health problems can lead to employee burnout, lowered productivity and workforce attrition. (Source: Mental Health America 2021 Mind the Workplace)

This month, MHRB is asking employers, business leaders and community partners to join its campaign to change this culture of silence around mental health, titled, “Be brave. Talk about mental health.” We encourage businesses to create welcoming spaces for open discussion of mental health for their employees and to use the resources in our digital toolkit, e.g., posters, resources and more, to help get the conversations started with your employees. Visit [www.mhrb.org/bravementalhealth](http://www.mhrb.org/bravementalhealth) to access the posters below and other resources.



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