

Undoing Unhappiness

Mental health is top of mind.
Let's put it front and center.



10 key questions for assessing how to support employee mental health.

- 1 What actions have been taken in the workplace to reduce the stigma of talking about mental health?
- 2 Is leadership aligned on the importance of providing employees with the time and space to address their mental health?
- 3 Is employee mental health part of your company's strategic plan?
- 4 Does your company provide a mental well-being solution? If so, does it consider everything else that affects a person's health?
- 5 How confident are you that employees are aware of the mental health resources they have available to them?
- 6 Do the mental well-being solutions you provide focus on making a human connection?
- 7 If your company provides mental well-being support, can it be personalized to the needs of the individual?
- 8 Do the solutions you offer evolve and adapt as an individual's circumstances and health needs change?
- 9 Do your people have access to an individual within your organization they can trust to talk about mental well-being?
- 10 Do you have clear metrics to assess the mental well-being of your employees?

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Let's connect.

Kurt Cegielski

651-336-1936 | kurt.cegielski@MOBEforlife.com