



**ONE OUT OF FOUR
CO-WORKERS NEEDS YOUR HELP.
THE OTHER THREE
NEED YOUR EXAMPLE.**

*25% of your co-workers suffer from depression or anxiety.
The other 75% keep them from seeking help.
Make a difference. Lead the way.*

Fear of stigma among co-workers prevents many people from seeking the help they need. Yet, most mental illnesses can be treated effectively. Compassion and understanding toward people with mental illness will empower them to get the help they need. Set the example in your workplace. The result: a better work environment for everyone. An open mind will open the doors to recovery.



www.mentalhealthconnection.org

