

Fighting Inequality for Better Mental Health



Reach out to peers who might be experiencing similar struggles – whether that's at work, university, or in your local community

Consider setting up a peer support group to share your experiences, and to help others



When implementing workplace wellbeing solutions, diversity and inclusion should always be front of mind

Talk honestly about mental health and wellbeing – openly acknowledging the stigma and discrimination that can often be felt



When people feel accepted at work for who they really are, their wellbeing can improve dramatically

Finding common ground in our quest for better wellbeing can help to unite us all



Workplace wellbeing solutions should also be flexible enough to meet the needs of every group and individual identity

Sharing lived experience of mental health from diverse and underrepresented groups can help to end the stigma



Teach children and young people emotional literacy, and educate them about mental health from an early age

Create safe places for the people around you to be open about their mental health, free of judgement



Be more human.

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