

Manager's Checklist for Promoting Mental Health and Wellbeing in the

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Ensure Access to Support Services: Make sure your team is aware of and has access to available psychosocial support services.

Create a Supportive Work Environment

Check In Regularly: Schedule regular one-on-one meetings to discuss workload, stress levels, and overall wellbeing with your team members.

Provide Recognition and Feedback: Recognize achievements and provide constructive feedback to boost morale and engagement.

Encourage Peer Support: Facilitate team building activities and encourage a culture of mutual support among team members.

Monitor and Evaluate Progress

Use the Mental Health Scorecard found in the [MHS 2024 and Beyond](#) document: Regularly evaluate the team's mental health and wellbeing using the provided scorecard metrics.

Solicit Feedback: Regularly ask for feedback from team members on the mental health initiatives and make adjustments as needed.

Report on Progress: Document and report on the effectiveness of the mental health and well-being strategies within your team.

Seek input from your Wellness team: Consult with

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