



## MENTAL HEALTH QUIZ!!

Please indicate if the following statements are True or False:

1. \_\_\_\_\_ 1 in 3 men have admitted to hiding their true feelings behind a fake smile.
2. \_\_\_\_\_ Men and women experience similar symptoms of mental health issues, but men react differently than women.
3. \_\_\_\_\_ You find it difficult to reach out for help.
4. \_\_\_\_\_ Suicide is not about death, but rather an escape.
5. \_\_\_\_\_ Unless someone is wearing a diaper you can't change them.
6. \_\_\_\_\_ Time heals all wounds.
7. \_\_\_\_\_ You were born resilient.
8. \_\_\_\_\_ Change is hard.







# 6 COMMITMENTS

## TO CREATING WELLNESS IN THE WORKPLACE

1

### KNOW PEOPLE AS PEOPLE

- Each individual is unique and has their own specific needs
- Regardless of race, religion, sex, and age, every individual deserves to be seen, heard, and supported™.

2

### ACT ON WARNING SIGNS OF DISTRESS

- Honor your intuition
- Express concern through compassion

3

### LISTEN. DON'T FIX.

- We have two ears and one mouth for a reason
- You can lead a horse to water, but you can't make it drink

4

### BE AWARE OF LOCAL RESOURCES

- Encourage the individual to access resources
- Continue to check in

5

### VULNERABILITY EQUALS STRENGTH

- Reach out for support in times of need
- Create meaningful connections

6

### PRIORITIZE YOUR MENTAL HEALTH

- Taking care of yourself is part of taking care of others
- Establish boundaries to make time for number one

