Workplace Mental Health Self-Assessment and Action Plan

This reflection-based worksheet can help your leadership team identify areas for improvement, and next steps to better integrate mental health support into the workplace!



Current Workplace Practices

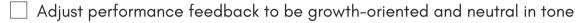
What does our organization already do well to support employee mental health?

Where are there gaps/areas for improvement?



Small but Impactful Changes

Our workplace can implement the following changes:





] Train leadership on trauma-informed practices



Strengthen employee access to multiple support resources

Action Plan

One practical change we will implement this month::

What support or resources we will need:

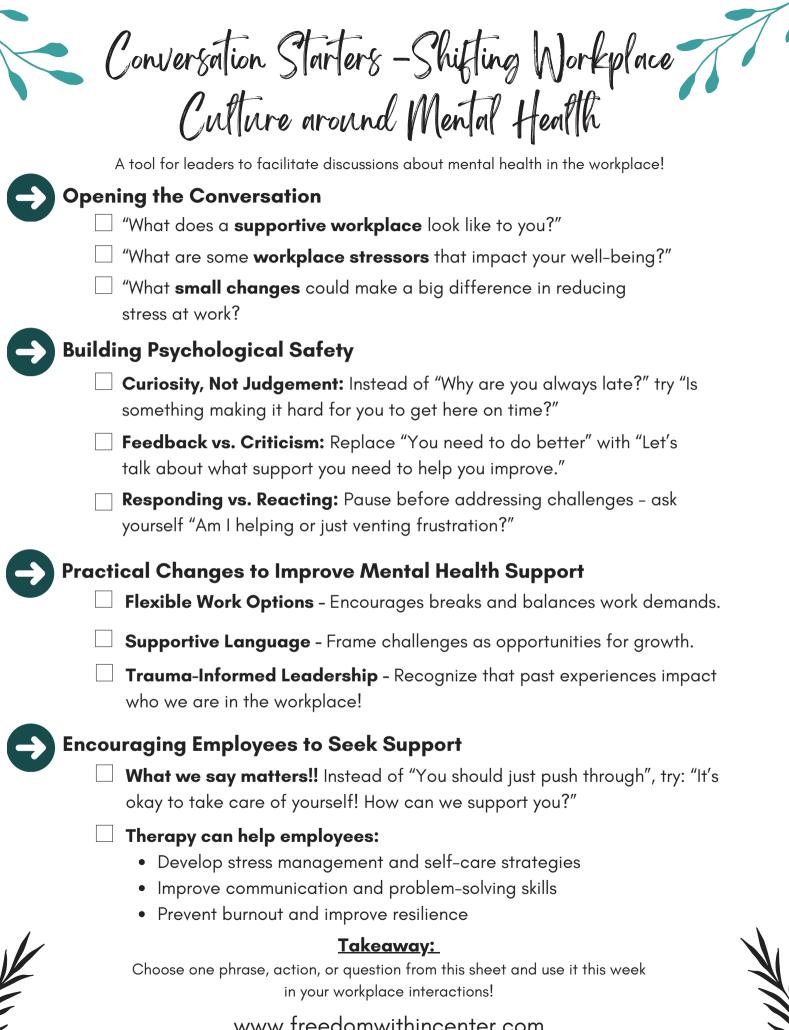
Who needs to be involved to make this happen?

<u>Next steps:</u>



Start **small** – choose **one** action and commit to follow through! Discuss with your HR team or leadership how to build **long-term** support structures Connect with **Freedom Within Therapy and Wellness Center** for workplace training and other resources!

www.freedomwithincenter.com



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