

Mental Health Awareness Week

27 September - 3 October 2021

Government
Health & Safety Lead

CONVERSATION PROMPTS

Taking time to kōrero is an important part of creating a mentally healthy workplace. Managing work-related psychosocial risks takes an effective system, but an open and supportive culture is a key enabler of this.

Check in with your workmates using these conversation prompts.



- 1** How did you find working from home during lockdown? Was there anything you struggled with?
- 2** It's been a challenging year so far, how has it had an impact on you?
- 3** Is there anything about work or your role that you are feeling uncertain about that you'd like to discuss?
- 4** Is there anything about work that harms your wellbeing?
- 5** What could we do to make it easier to talk about our mental health at work?
- 6** What actions could we take as a team to help each other with our mental health at work?
- 7** What are the things at work that make your wellbeing great? How can we make sure we keep those up?

For more information, please visit: www.healthandsafety.govt.nz