In a mental health survey conducted back in 2017, the results showed that 60% of employees had experienced mental health issues related to work, and 31% had been formally diagnosed by their doctors. The most common issues were of depression and anxiety. It is important therefore to remember that the mental health of employees should always be considered and addressed effectively.

One way of doing this is to have an "open door" policy in the workplace, where employees feel as though they can address issues with their superiors, without feeling victimised or under attack. It's important that everyone can articulate their thoughts and feelings when they need to. Another way of pre-empting mental health issues is to have everyone practice "Cognitive Hygiene" which helps people effectively manage negative thinking, learning skills such as mindfulness & keeping a good work-life balance. And a final thing to note would be to look out for triggers, what has caused someone's mental health to worsen? Was it a similar situation to before? How can you prevent this going forward?

Try and stay as informed as you can the issues of mental health & have a demeanour that shows you are always open for a dialogue.