



# SAFETY DIRECTOR MESSAGE



**SAFE  
WORKPLACE  
GOOD  
HEADSPACE**

## OSHA Resources on Mental Health

Use these resources to start the conversation at work in support of mental well-being.

- [Support One Another Toolkit](#)
- [Suicide Prevention: 5 Things You Should Know Poster](#)
- [Role of Employers in Preventing Suicides](#)
- [Workplace Mental Health Fact Sheet](#)



## Mental Health Awareness Month

May is Mental Health Awareness Month. Learn how to cope with [work-related stress](#) and reduce the [stigma of mental health](#).

**Suicide Prevention**  
5 Things You Should Know

Everyone  
Mental health  
work collegues  
work closely

Know the  
Differences in  
Changes in  
someone is

Ask "Are  
you are co  
and listen w  
Employee &  
Department?

I know  
If you know  
them until y  
the 988 Suic

Call or tel  
Visit the I  
[www.ifs](#)

**Support One Another**  
Workplace Mental Health Conversation Starters

Workplaces can be a source of stress, but are also places where we can find support, resources, and connections. We can create a workplace culture that supports mental health by reducing stigma around mental health.

Checking In  
How's it going?

Building Connections  
You've been busy lately, are you taking breaks and recharging?  
What's anything good lately?

**Role of Employers in Preventing Suicides**

Suicide is a critical public health issue in the United States and a leading cause of death among working age adults. Creating a workplace culture of health and safety includes mental health.

Implement Policies and Programs  
Review policies and procedures for how work is managed to determine if additional resources are needed.  
Most people who take their lives exhibit one or more warning signs either through what they say or do, or through how they act. If managers and coworkers are prepared to notice and act on changes in a colleague's behavior,

## Mental Health Matters

OSHA Assistant Secretary Doug Parker [speaks to employers about the importance of talking to workers about mental health](#)