



**SAFE
WORKPLACE
GOOD
HEADSPACE**

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](#).

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 Matters

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