

# Support Your Colleague's Mental Well-Being with the 3 'L's

By embracing the 3 'L's, colleagues will feel valued and supported, creating a culture of psychological safety.



## Look

- Promote open discussions about mental health
- Empower employees to spearhead mental health events and volunteer opportunities
- Highlight mental health support and resources to employees

## Listen

- Offer full attention and avoid distractions
- Acknowledge and validate their feelings empathetically
- Be mindful of body language and non-verbal cues



## Link

- Direct them to self-help mental health resources
- Connect them with workplace support programs
- Guide them to professional help and support groups



In support of



Let's unite against  
mental health stigma.