

# MENTAL HEALTH MATTERS



We commit to protecting, respecting and supporting the mental health of everyone in our team.

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We will create a working environment that is physically and psychologically safe and healthy.

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We will listen with empathy, kindness and confidentiality if you want to talk.  
Speak up if you need any kind of assistance.

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We know that asking for help takes courage and we will support you as best as we can.

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**Together we can end the stigma around  
mental illness.**

