

# The Mental Toolbox



The Mental Toolbox is a tool designed to promote mental health in the workplace. It equips employees, managers, and HR professionals with knowledge and practical tools to prevent and address stress and improve overall well-being

An increasing number of individuals experience stress and deteriorating well-being throughout their careers, impacting not only the individuals themselves but also the workplace. Stress and poor well-being emerge from a variety of factors, both within and outside the workplace. Therefore, it is crucial for every organization to have knowledge and tools to prevent and address stress and poor well-being among employees

At PrimaCare, we offer presentations on the mental toolbox for both employees and managers/HR.

## **The presentation on mental toolbox for employees**

Employees will through the presentation gain a deeper understanding of mental health, including natural responses to stress and changes within the workplace. They are introduced to practical tools to support their well-being and restore balance when experiencing symptoms of stress or deteriorating well-being. Additionally, the presentation address when professional help may be necessary.

## **The presentation mental toolbox for managers and HR**

HR and managers will through the presentation gain a deeper understanding of mental health, including natural reactions to stress and changes within the workplace. They will be equipped with knowledge to recognize when employees are experiencing symptoms of stress or deteriorating well-being and how to offer support, as well as when professional help may be necessary.

