

“Mental Health at Work: What Can I Do?” Public Service Announcement Transcript of :60 Version

Today, one in five working age Americans has a mental health condition.

People in all types of jobs, at all levels.

And the key to helping us succeed is a supportive and inclusive workplace.

All of us have a role to play in making that happen.

So, what can I do to help?

As a CEO, I can set the tone for a supportive culture.

As a manager, I can offer assistance and accommodations.

As a co-worker, I can listen and be a source of support to my colleagues.

As someone with a mental health condition, I can ask for what I need to perform my best.

I can offer all employees the supports they need to deliver on the job. For the team...

And for the business.

What can I do?

What can I do?

What can I do?

I can remind others...

...that we all benefit from workplaces that promote good mental health.

Mental health-friendly workplaces are more important than ever...

...and all of us have a role to play in promoting them.

Learn more at WhatCanYouDoCampaign.org.