

Cabin Crew Mental Health

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Start The Conversation

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Mental Health



1 in 4

**450
million**

In the Workplace



64% of workers would be concerned about how work would be affected if a colleague had a mental illness.

39% indicate that they would not tell their managers if they were experiencing a mental health problem.

40% agreed they have experienced feelings of anxiety or depression but never sought medical help for it.



Break the Stigma

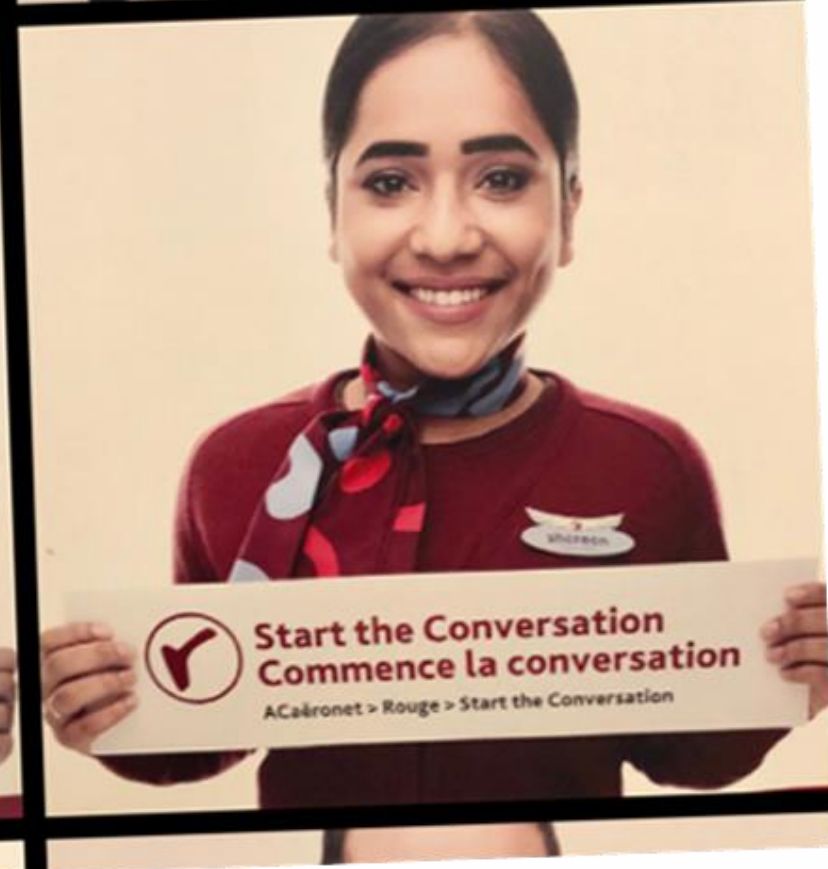
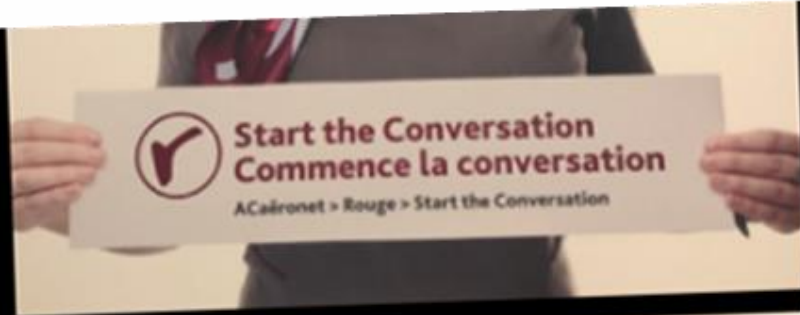


Start the Conversation

In the Workplace



- Write your **policy**
- Share from the top down
- When managers **support** wellness initiatives, employees feel more supported
- Empower leaders with **mental health training**
- Encourage **conversation**



Start the Conversation

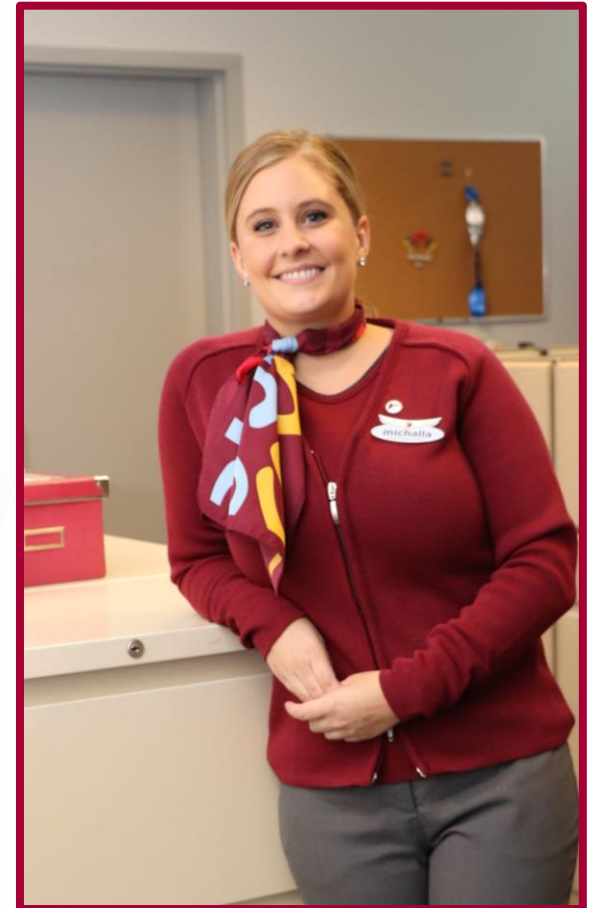


- Dog Therapy
- Massage Day
- EAP support



Next Steps

Peer to Peer



Continue the Conversation



- Employee Engagement
- Giving Back!
- Team events

