Cabin Crew Mental Health

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Start The Conversation

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Mental Health

1 in 4

450 million

World Health Organization
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