# 8 Ways Managers Can Support Employees' *Mental Health*

**INDEAL CARES**

## Be Vulnerable
Normalize the experience of mental health.

## Model Health Behaviors
Demonstrate a commitment to self-care.

## Proactively Check In
Go beyond "How are you?"

## Encourage Flexibility
Help employees work at their best.

## Communicate
Share resources that are available.

## Modify Policies
Create systems that support mental health at work.

## Invest in Training
Educate managers, leaders, and all employees.

## Measure
Ensure accountability and inform initiatives.

Access health and wellness resources and learn more:
www.indealcares.org