

Mental Health *matters*



We commit to protecting, respecting and supporting the mental health of everyone in our team.

We will create a working environment that is physically and psychologically safe and healthy.

We will listen with empathy, kindness and confidentiality if you want to talk. Speak up if you need any kind of assistance.

We know that asking for help takes courage and we will support you as best as we can.

*Together we can end the stigma
around mental illness.*



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