**Stress Management – Line Manager Tips**

As a manager, you play a critical role in creating a mentally healthy workplace. This is through the people you directly supervise, and as a leader influencing others within your business. Your staff, in particular, will look to you for leadership, guidance and support. Whether or not your workplace currently sees mental health as a priority, there are many things you can do as a manager to contribute.

*“The role of a leader in creating a mentally healthy workplace is to promote awareness, and importantly, to promote a culture that allows people to take the steps they need to stay mentally healthy."*

***Dr Andrew Wilson, Medibank***

**Managers Top Tips**

* Increase your own knowledge about mental health and be aware of the support available
* Educate your employees about mental health in the workplace
* Talk openly about mental health and encourage others to do the same
* Provide support to any employee who is struggling with their mental health
* Communicate regularly with your team and be as open and honest as you can
* Encourage respectful behaviour and communication by team members
* Demonstrate healthy work habits i.e. work life balance, making sure you take a proper break at lunchtime etc
* Be an influencer