



Improving lives THROUGH
supports and services
THAT FOSTER self-determination.

10/10/24

Today is World Mental Health Day

October 10, 2024

Did you know that mental health and work are closely linked?

- A supportive work environment fosters mental health, providing purpose and stability.
- When individuals feel supported and mentally healthy, they are more likely to contribute their best efforts, show up consistently, and remain with their employer long term.
- Employees who are supported in a positive work environment that values inclusivity can thrive both personally and professionally
- By fostering open conversations and understanding, we can dismantle barriers to employment that individuals with mental health challenges often face.
- Reasonable workplace accommodations can create an inclusive environment for all individuals to perform at their best while managing their mental health needs.

For More information visit [World Mental Health Day 2024](#).

#WorldMentalHealthDay #NDEAM



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