

Leadership and Mental Health Support: Self-Assessment Tool

Personal Experience with the Impact of Mental Health:

1. How have you or others you've cared about been affected by mental health and/or burnout?
2. How have you or others you've cared about sought help when mental health or burnout was at crisis point?

Modeling Self-Care and Well-Being Practices:

3. What practices do you use in caring for your own mental health and well-being?
4. When are your self-care tools effective for you? When are they less effective?

Comfort Discussing Mental Health with Others:

5. What fears do you have about discussing mental health with others at work—either your own mental health or the mental health of another employee?
6. What support do you need to feel more comfortable in these conversations?

