



Mental health at work

Asking for help or accommodation at work can be difficult, particularly when you're experiencing mental health issues. Visit the *Workplace Strategies for Mental Health** website to review the **Mental health at work** page, where you will find some proven approaches to advocate for yourself, your success, and your well-being, whether at work or returning to work. The article provides links that can help:

- Learn who at work can help you
- Review income sources to reduce financial stress
- Learn to build your emotional intelligence and better manage stress