



A blue paper figure stands in the center of a dark, swirling vortex of torn paper strips. The strips contain words like 'Work', 'Panic', 'fears', 'worries', 'health care', 'struggle', 'tax', 'hospitals', 'reputation', 'learning', 'stress', 'anxiety', 'depression', 'loneliness', 'isolation', 'uncertainty'. The word 'STRESS' is prominently displayed in large red letters at the bottom.

- **MENTAL HEALTH CHALLENGES AFFECT EVERYONE.**
- **MENTAL ILLNESS INCREASES THE RISK OF WORKPLACE INCIDENTS AND IS ASSOCIATED WITH POOR HEALTH.**
- **GOOD COPING SKILLS CAN BE LEARNED. IF YOU FEEL OVERWHELMED GET HELP.**
- **WORKPLACE STRESS CAN BE REDUCED BY HONEST, RESPECTFUL COMMUNICATION AND A ROLE FOR EMPLOYEES IN DECISION-MAKING.**