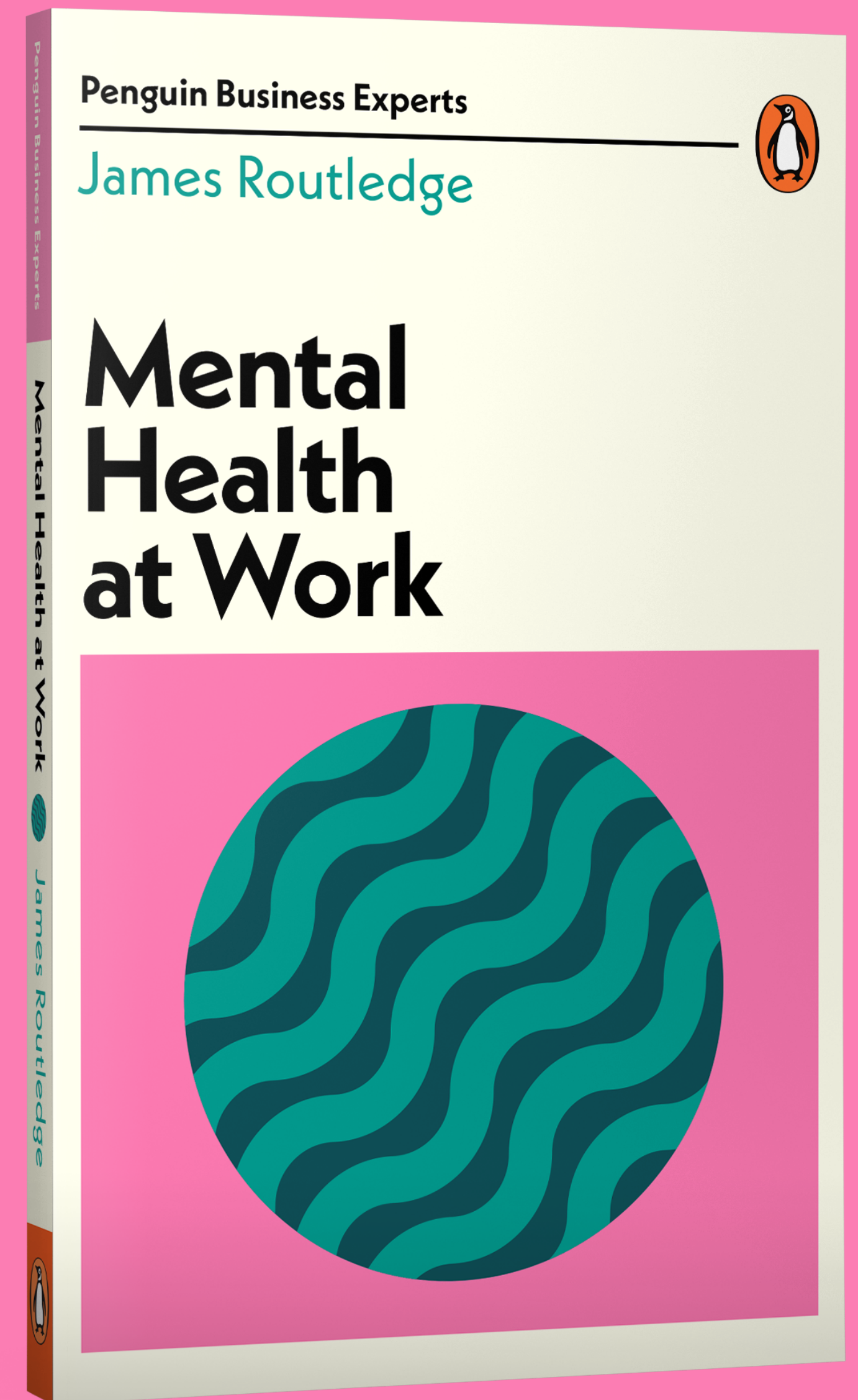


Mental Health at Work

James Routledge



My Story



It starts with you.

Every workplace has a mental health champion, it could be you.



Leadership.

When individual leaders care about mental health, the business cares about employee mental health.



Communication.

Good businesses ask the question, great businesses listen.

Community.

Every workplace is a community, most don't realise it yet.

Creativity.

There's no right way to approach mental health at work,
there's your way.

Investment.

You have to put your money where your heart is, into your people.

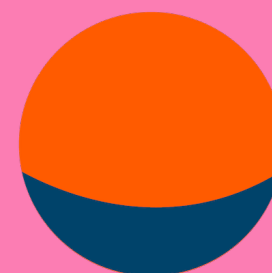
It's a movement.

And it's begun, time to join in.

James Routledge



Sanctus Founder



Author of 'Mental Health at Work'

