



# Employers, are you promoting positive mental health in your workplace?

Cork Mental Health Foundation is dedicated to providing **FREE\*** education on positive mental health. Now more than ever people need help to cope with the ever increasing demands from both work and home life.

**As an employer you can help**  
by promoting positive Mental Health  
amongst your employees and providing  
education:

**We can provide:**

- Information
- presentations
- Workshops
- Resources

**On topics such as...**

- “Minding your mental health”
- “Prioritising your health”
- “Stress and Stress management”
- “Coping skills”

**How does this benefit your company:**

- Reduce sick leave
- Improve staff morale
- Increase productivity
- Better communication

***And more!***

**For further information contact**

**Martina on 021 4511 100 or 086 6019 801**

*\*Whilst all our services are free of charge, as a registered charity  
we are always grateful for any donations made.*

**[www.corkmentalhealth.com](http://www.corkmentalhealth.com)**

