Psychological and Social Support: Why it's Important

Presence

Absence





Enhances being involved, committed and satisfied

Enhances happiness and productivity

Increases likelihood to 'go the extra mile' by helping others

Protects against stress and trauma

Increases likelihood of seeking help when it's needed

Increases withdrawal from work and absenteeism rates

Increases conflict and staff turnover

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Increases fatigue, headaches, anxiety and burnout

Increases risk of incidents and injuries

Increases costs and reduces productivity



Work to live.

#MyWorkplaceHealthMatters