

A mentally healthy workplace is built on a foundation of

People - Culture - Environment

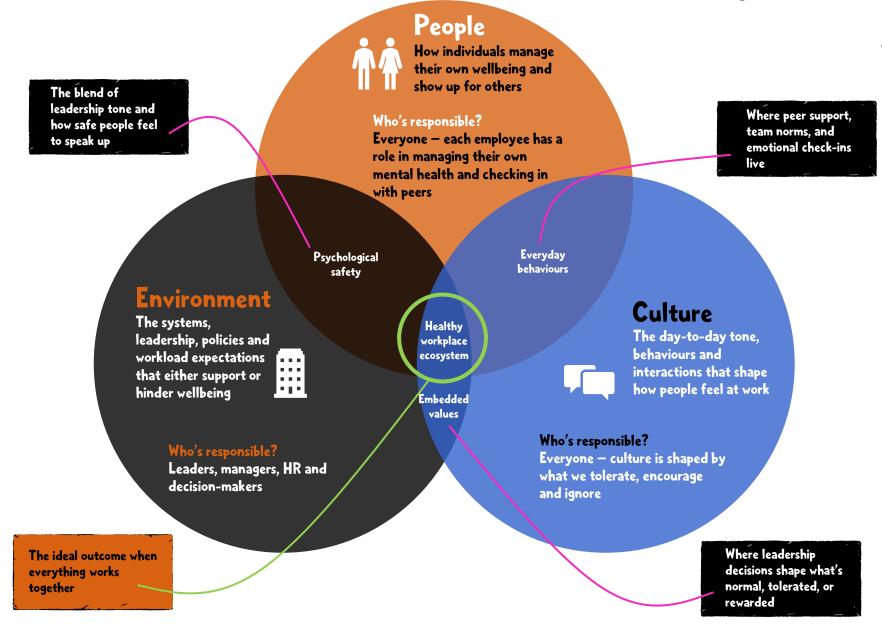
It simply doesn't work without all three.

How Life First Then Work Helps

People
Employee Workshop: Awareness, selfcheck-in, personal responsibility, mindset
shifts

Culture
Support Circle: Peer support, safe spaces, \
real conversations, visible care

Environment
Leadership & Strategy Session: Policy
alignment, modelling behaviours, building a
sustainable framework



Disclaimer: This resource is for awareness and guidance purposes only. It is not a substitute for professional medical, psychological or therapeutic advice. Life First Then Work does not provide crisis support, treatment or clinical services. Always seek qualified help when needed.