

# Mental Health Programs for Airport Operators

Empower and increase your airport employee well-being by implementing thoughtful mental health initiatives, fostering a supportive environment for staff. Examples below include:



## Employee Assistance Program

- Support systems that offer confidential services for employees.
- Services like counselling, wellness programs.



## Awareness Workshop

- Increase awareness and understanding of various mental health conditions.
- Practical coping strategies and resilience-building techniques to manage stress, anxiety, and depression.
- Enhance communication and support skills.



## Educational Resources

- Online resources: accessible materials available on self-help guides, etc.
- Interactive online seminars or workshops that cover specific mental health topics.
- Written content or multimedia resources to educate about mental health.

## We are in this together

Airports can foster a culture of mental health awareness and support for their employees. Strong leadership is vital in nurturing a compassionate and understanding environment, where mental health concerns are actively addressed, and self-care is promoted.

Airport operators should consider implementing effective mental health programs for their employees, designed for support, education, and resources—equipping employees to cope with stress and to maintain a healthy work-life balance.

Please collaborate with your human resources or a relevant agency to promote these programs.

