

Taboo or not taboo, that is the question!



10 minutes

Key message:

Exposing what is considered 'taboo' in a safe space creates a sense of community and establishes that mental health belongs to us all.

You will need:

- To create a 'taboo or not taboo corner' in the office / workspace
- Provide post it notes and pens in the "taboo or not taboo corner"
- Ensure the corner is relatively private so people can add their taboos anonymously
- Add instructions to say how they feel with regards to their mental health both at work and in their personal lives

Activity:

Encourage people to write how they are feeling. For example "I feel anxious every time I have something to say at a meeting." Or "I feel lonely when I go home and have no one to talk to."

.....

Checking in:

- Ask colleagues if they are surprised by some of the 'taboos or not taboo'?
- Encourage colleagues to ask others if they are surprised by some of the 'taboos'.

Funded by



Run by

