

PEER SUPPORT



Express care and concern.



Ensure physical and emotional safety.



Listen and validate.



Talk about common responses and provide accurate information.



Discuss healthy ways to manage stress.



Help them regain a sense of control and return to routines and responsibilities.



Connect them with additional resources if concerns persist or worsen.

CORPORATE CARE



Build caring relationships.



Be compassionate.



Listen with openness and respect.



Respect diversity and individual needs.



Promote well-being at work and home.



Talk openly about emotional health.



Show empathy and understanding.



Remove barriers to getting help.



Foster appreciation and safety.



Offer fair pay, benefits, and accommodations.



Set realistic workloads and goals.



Uphold your organization's values.