



Taboo or not taboo, that is the question!

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:

Attach your image of an elephant on the wall of a communal area that's used a lot, for example the staff room / tea making room. Invite people to write how they are feeling, or what stops them from talking about their mental health on a post it note (anonymously) and stick it on the elephant.

This sharing of ideas and feelings is a way of exposing mental health problems in the workplace without identifying individuals which creates a sense of community, ending isolation.

This activity is also a good way of running a 'temperature check' on mental health amongst staff.