

SAFETY TALK PSYCHOLOGICAL/SOCIAL SUPPORT

What is Psychological and Social Support:

Psychological and social support is the level of trust, connection, and emotional and social integration in a workplace. It also refers to the level of help and assistance that others provide when performing tasks as well as the understanding and empathy shared among co-workers.

In a supportive work environment, employees feel valued and understood, which can enhance their motivation and productivity.

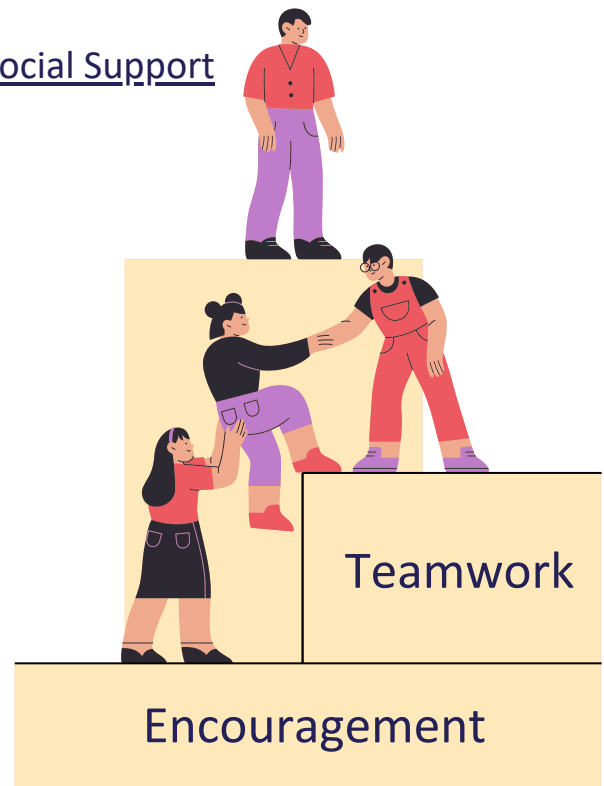
Creating a culture of psychological and social support involves open communication, active listening, and fostering an inclusive atmosphere where everyone feels comfortable sharing their thoughts and concerns.

National Standard - Psychological and Social Support
(Video)

1. Think of a time at work when you did not feel psychologically supported. How did that make you feel?

2. What does a Psychologically and Socially Supportive work environment look like to you?

3. What are some strategies to help YOUR workplace to be more Psychologically and Socially Supportive?



Management plays a pivotal role in setting the tone for a supportive environment. By demonstrating empathy, acknowledging stressors, and providing resources for mental health, leaders can help build a resilient and cohesive team. Regular check-ins, feedback sessions, and opportunities for professional development can further reinforce a supportive culture, ensuring that employees feel connected and appreciated in their roles.