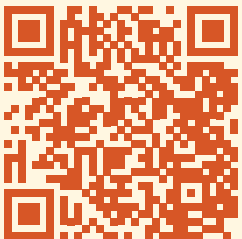


# Dispelling myths around mental health

Managers play an important role in supporting the mental well-being of their team members. We can start by dispelling myths around mental health.



Understanding  
anxiety



Understanding  
depression

For more videos on mental health visit  
[sunlife.ca/mentalhealtheducation](https://sunlife.ca/mentalhealtheducation)