

The Space We Make:

For Connection. How to prioritize mental health in the workplace.

Meeting Kickoff cards

"Open the Space" prompts to begin meetings with intention, build connection, and create psychological health and safety within your organization.

Space for Learning

- What is something new you've learned from a teammate recently?
- What's one way we can support other's growth this week?

Space for Empathy

- Who's someone on the team who showed you kindness recently?
- How is your day going?

Space for Unlearning

- What's something I used to believe at work that I no longer do?
- Where might we be making assumptions today?

Space for Psychological Health and Safety

- What would make this meeting feel safe to speak honestly?
- How can we encourage curiosity over judgment today?

Weekly 'Space Makers'

Weekly prompts for managers to use during check-ins or team meetings. Try them out during Mental Health Month and beyond!

Week 1

"What's one thing you need to say out loud today?"

Week 2

"What does support look like for you this week?"

Week 3

"How can we make more space for quieter voices in meetings?"

Week 4

"What's one boundary you want to protect this week?"

Guided Conversation Starters

- What does 'safe space' at work mean to you?
- What's one small way to try to support others at work?
- What part of yourself do you hold back at work and why?
- What does rest look like to you and how can we make space for it?



Mental Health
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Opening
Minds

If You Are in Distress

If you are in distress, you can call or text 9-8-8 (1-866-APPELLE in Quebec) at any time. If it is an emergency, call 9-1-1 or go to your local emergency department.