

**“Mental Health at Work: What Can I Do?” Public Service Announcement  
Transcript of :30 Version**

All of us have a role to play in promoting a mental health-friendly workplace.

So, what can I do to help?

As a CEO, I can set the tone for a supportive culture.

As a manager, I can offer assistance and accommodations.

As a co-worker, I can be a source of support.

As someone with a mental health condition, I can ask for what I need to perform my best.

What can I do?

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I can remind others that none of us are alone.

And that we all benefit from workplaces that promote good mental health.

Learn more at [WhatCanYouDoCampaign.org](http://WhatCanYouDoCampaign.org).