



# Weekly Safety Tip

## *Mental Health Apps*



## Mental Health Apps



*Links to free evidence-based apps, some with paid options, which can help with your mental health and wellness. The list includes apps for Windows, IOS and Android devices.*

These apps for your smartphone are provided for information only and should not be relied on, as professional advice... Always consult your physician or appropriate health-care provider with respect to your particular circumstances.

Apps are labelled by payment style:

(F) free

(F/P) free with an option for a paid version

(S) for subscription, and

(O) for One time purchase



### Headspace

Learn the essentials of meditation and mindfulness with their free Basics pack. If you enjoy it, you can subscribe. (S)



### The Fabulous

This science-based app is intended to help you build healthy rituals into your life. (F/P)



### THINK'n

A web based program divided into short modules intended to teach strategies that help decrease stress, increase resiliency and prevent mental illness. (S)

# **Weekly Safety Share**



*8 Steps for Psychological Safety*

# WORKER WELL-BEING SHARE

Research by the [Center for Creative Leadership](#) found teams with high degrees of psychological safety reported higher levels of performance & lower levels of interpersonal conflict.

They also found that senior leadership teams reported the greatest differences in their perceived levels of psychological safety: it means that senior teams are the place where creative problem solving is most likely to be squashed & teams fail to collaborate & innovate together to their full potential.

They suggest 8 steps for leaders to help create a more psychologically safe workplace:

1. **Make psychological safety an explicit priority**
2. **Facilitate everyone speaking up**
3. **Establish norms for how failure is handled**
4. **Create space for new ideas (even wild ones)**
5. **Embrace productive conflict**
6. **Pay close attention and look for patterns**
7. **Make an intentional effort to promote dialogue**
8. **Celebrate wins**



**"Psychological safety**  
at work doesn't mean that everybody is nice to each other all the time. It means that people feel free to "brainstorm out loud," voice half-finished thoughts, openly challenge the status quo, share feedback, and work through disagreements together."

David A. Varwig, CSP-retired and SCNWO Board Member *for*





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