

Let's talk about microaggressions

A microaggression is an intentional or accidental comment or action that negatively targets a marginalised group of people. Here are some common examples which can harm colleagues with mental health concerns.

"They were out last night, so there's clearly nothing wrong with them!"

"Oh no, you're feeling anxious again! Maybe you shouldn't do this procedure"

"Did you take your medication today?"

"Get a hold of yourself!"

"You can't really be depressed if you are able to work"

"I'm so OCD today"

"This is a simple procedure!"

"We don't want to overly stress you"

Remember to focus on the **effect** your words and actions can have on others – your **intentions** are not the only thing that matter

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