



## BaseKit's Mental Health Promise

At BaseKit, we are passionate about mental health, and ensuring that all of our team has access to the opportunities they need for good mental health.

We have five commitments we stand by:

- We believe that everyone deserves, and should have access to mental health care if and when they need it, no matter what. Every mind matters.
- We recognise the connection between physical and mental wellbeing, and proactively encourage healthy movement to stimulate, supplement and support a healthy mind
- We have created a non judgemental safe space, where people feel free to discuss mental health issues, and be themselves.
- We will reach out to those who appear to be struggling to ensure that they receive the help they need, whether that is through work or external support networks.
- We will continue the conversation around mental health to help beat the stigma.

