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Abstract Increasing attention is being paid to the problem of how to improve workers' mental health in the modern workplace. Several factors, such as an increase in the number of businesses, Abstract increasing attention is being part of the problem of now to any an anti-heightened competition, and the development of new technological advancements, are placing a strain on the working population. Workplace stress can amplify already negative emotions like fatigue, depression, and hopelessness. The success of ongoing initiatives and objectives is heavily influenced by the culture of the workplace. There are many potential contributors to an unhealthy workplace, such as poor management, unhelpful co-workers, too much work, too little time, too many boring tasks, and poor lines of communication. The goal of this research is to show why so many businesses are now worried about their employee's mental health and put an emphasis on providing a positive work environment by illuminating the significance of mental health and the contribution that HRM makes to its provision within an organisation. The findings of this study should also shed light on why it's become a priority for many businesses to foster supportive workplace cultures. To accomplish this, HRM professionals will advocate for the value of mental health care and the HR department's role in facilitating employees' access to it.

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