

Be the person YOU want to work with

PSYCHOLOGICAL HARASSMENT

has a negative impact on a person's psychological well-being.

You often feel put down and belittled on a personal and/or professional level.

The damage often creates a domino effect, impacting your physical health, social life and work life.

Examples of Psychological Harassment

- Isolating or denying someone's presence
- Belittling or trivializing someone's thoughts
- Discrediting or spreading rumors about someone
- Opposing/challenging everything someone says.

from: <https://i-sight.com/resources/11-types-of-workplace-harassment-and-how-to-stop-them/>



**SUPERVISORS AND MANAGERS ARE EXPECTED TO
RECOGNIZE AND CHALLENGE THIS BEHAVIOR**

WE CAN HELP MAKE IT STOP, CONTACT:

<https://www.bnl.gov/energysci/inclusion/counseling.php>