

Your wellbeing at work

- **We're all human:** mental health problems can affect anyone.
- **Don't bottle it up:** talk to someone you trust - or call the Blue Light Infoline: **0300 303 5999** or text **84999**.
- **Value yourself:** recognise when things go well and the times you've made a difference.
- **Connect with others:** just two minutes is enough for a chat or a text.
- **Find out who can help:** what wellbeing support is available near you?

mind.org.uk/bluelight

#mybluelight

@Mindcharity

