



Photo Credit: Met Police

Your wellbeing at work

- **We're all human:**
Mental health problems can affect anyone.
- **Don't bottle it up:**
Talk to someone you trust.
- **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?