

Your wellbeing at work

- **We're all human:**
Mental health problems can affect anyone.
- **Connect with others:**
Just two minutes is enough for a chat or a text.
- **Don't bottle it up:**
Talk to someone you trust.
- **Find out who can help:**
What wellbeing support is available near you?
- **Value yourself:**
Recognise when things go well and the times you've made a difference.

Look out for your teammates

- **What's changed?**
Perhaps someone's not been themselves recently?
- **Team talks:**
Include wellbeing in catch-ups.
- **Check it out:**
Ask them how it's going, and be open to listening.
- **You don't have to be an expert:**
You can still start the conversation.
- **Be informed:**
Check out our mental health resources for blue light teams.



mind.org.uk/bluelight

We're a registered charity in England (no. 219830)