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.

- **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.

- **Don’t bottle it up:** talk to someone you trust - or call the Blue Light Infoline: 0300 303 5999 or text 84999.

- **What’s changed?** perhaps someone’s not been themselves recently?

- **Check it out:** ask them how it’s going, and be open to listening.

- **Team talks:** include wellbeing in catch-ups.

- **You don’t have to be an expert:** you can still start the conversation.

- **Be informed:** check out mental health resources available from Mind’s Blue Light Programme

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Registered charity in England (no. 219830)

Looking out for team-mates

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