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

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.

Team talks: include wellbeing in catch-ups.

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

mind.org.uk/bluelight
@MindBlueLight
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Registered charity in England (no. 219830)

for better mental health