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 383 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?

Looking out for team-mates

• 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
#mybluelight

Programme funded by a Registered Charity (no. 219830)

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