

# 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**.

# 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.
- **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 our mental health resources for blue light teams.

[mind.org.uk/bluelight](https://mind.org.uk/bluelight)

#mybluelight

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