Can you spot the signs of mental ill health?

- **Emotional** - your colleague may be irritable, sensitive, or show a sudden lack of confidence.
- **Cognitive** - your colleague may make more mistakes or struggle to concentrate.
- **Behavioural** - this could include taking time off, withdrawing, or acting out of character.
Start the conversation
For support with your mental health, or if you're worried about a colleague, these professional teams are ready to listen.

NHS 111
For urgent advice and support
Call 111*
Visit 111.nhs.uk

MIND
For mental health information
Call 0300 123 3393*
Visit mind.org.uk/
helplines

SAMARITANS
For somebody to talk to
Call 116 123*
Visit samaritans.org/
how-we-can-help

For information on mental health first aid training visit:
sja.org.uk/workplacewellbeing
*Please visit the relevant web sites for details on call charges and opening hours

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