Speak out, reach out, help out

We know that times are particularly challenging for many of our employees just now, whether you are worrying about mental and physical health, new routines or loved ones and family members.

We can all, as individuals and as colleagues, help maintain our wellbeing by:

- speaking out about issues we're facing,
- reaching out to support others,
- helping out by offering or seeking help.

Remember:
If you think that someone in your team needs more support than you can offer, suggest that they speak to their doctor or a medical professional.

Access support

SCAN ME

Spotting the signs

A person who is experiencing anxiety, loneliness, grief or stress or who is not sleeping well or coping with lockdown may start behaving differently.

If a colleague shows any signs of behaviour change, then their wellbeing may be at risk.

In a workplace, behavioural changes related to poor wellbeing can also result in accidents.

Look out for these signs in your colleagues and coworkers:

Mindset - not wanting to talk to or be with people

Attitude - not being able to complete tasks or a new of unexplained lateness or absence

Tiredness - and not being able to concentrate on work

Emotion - feeling tearful, feeling agitated or restless

Offering support

If you feel comfortable talking to a colleague who is showing signs that they are not coping, you can use the resources on our wellbeing hub to help them.

There are guides to:

- Getting through lockdown
- Getting a good night's sleep
- Grief and loss
- Managing anxiety
- Managing loneliness
- Managing stress

Remember:
If you need help talk to your manager or HR representative. They will be able to help you support your colleagues.

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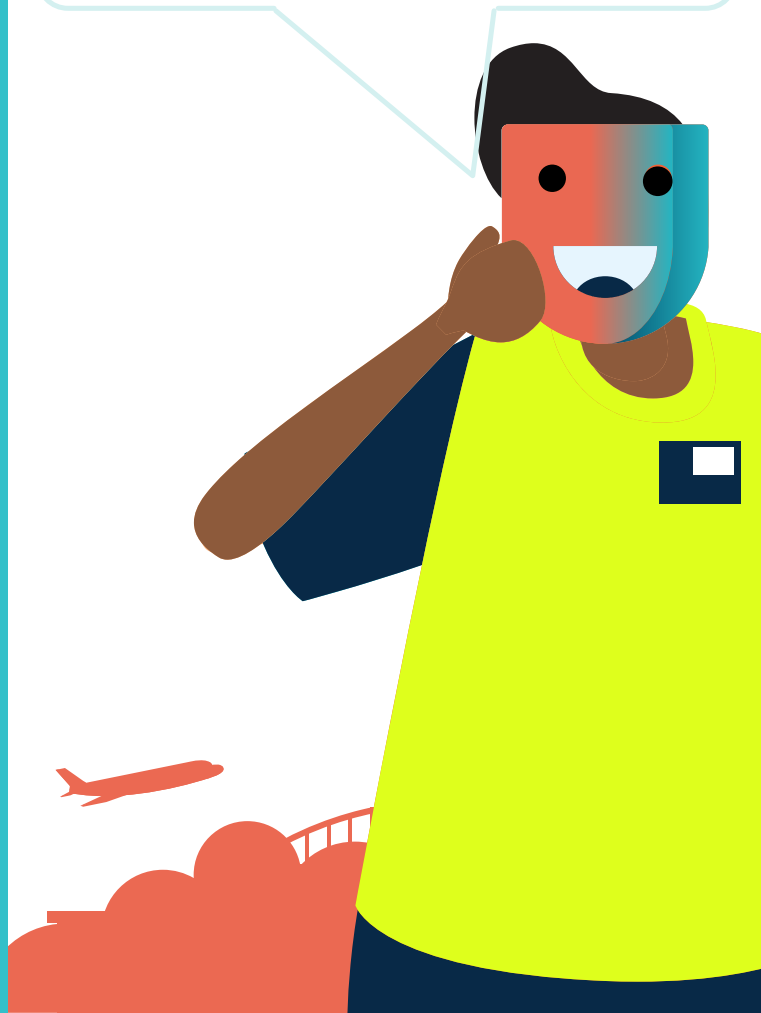
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