

Let's Talk About Mental Health



Looking after your **mental health** is important. But it is also important to talk about it; to smash the stigma and create an environment where people can talk openly, especially in the workplace.

1 in 4 adults will experience a mental health problem each year.

Poor mental health results in **millions of lost working days**, costing UK employers **billions of pounds** each year.

We need to do more, but it can be difficult to know who to talk to or what support is available.

It's better to raise a **RED FLAG** before you're forced to wave a **WHITE ONE**.

It is always easier (and cheaper!) to fix an issue **before** it becomes a more serious problem than it is to fix it afterwards.

If You Are Struggling

1. Talk to your **line manager**.
2. Talk to a **Mental Health First Aider**.
3. Your institution may have an **Employee Assistance Programme**, providing free, confidential counselling and support.
4. Talk to your **doctor**; they can prescribe medication or refer you to other specialist services.
5. A wide range of different forms of **counselling** and **therapy** is available through the NHS or privately.

For more information, visit the **ConverseRSE** website. We have links to resources, charities, blog posts and more.

