

# T

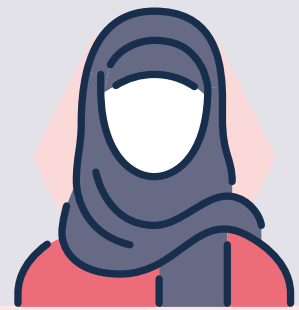


## take notice

of any changes in behaviour - these changes might be sudden or develop over time.

Are your colleagues making uncharacteristic mistakes? Feeling unmotivated? Timekeeping slipping? Or being short tempered? These could all be signs of an underlying issue.

# A



## ask

how your friends are doing regularly.

It can be hard to talk about feelings at work but if you have people you can talk to, or a manager who asks how you are at supervision sessions, it can really help.

# L



## listen

Listen to what your colleagues are saying - is there anything concerning?

# K



## know

where to find support

Many businesses have dedicated services that can help or signpost you to support. Most services are confidential and can be accessed for free.

# How to spot mental health issues

Fear of discrimination and feelings of shame are among the top reasons people give for not telling their colleagues about their mental health problems.

To ensure we are supporting our colleagues as much as we can, follow this simple rule... Let's TALK

Supporting a colleague who has a mental health problem is about helping them to find ways to recover, helping them to stay well, and ensuring that the workplace is a safe and pleasant place to be, free from discrimination.

For further advice and guidance contact Samaritans on 116 123