



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.



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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](http://mind.org.uk/helplines)

SAMARITANS

For somebody to talk to
Call 116 123*
Visit [samaritans.org/
how-we-can-help](http://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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