


How to talk about your **MENTAL HEALTH** at work

 @BELIEVEPHQ



1.  When talking to someone make sure you feel trusted, comfortable and are in a safe environment

2.  Reveal as much as you're comfortable with

3.  Remember you are not alone. 1 in 4 people experience a mental health problem

4.  Plan a private meeting with your boss or manager to express how you feel

5.  If you are worried to talk to your boss or manager, ask a supportive colleague to help you

6.  Try speaking to HR and seeing what support they can offer

7.  If you are struggling, ask for a note from your doctor to help explain your situation

8.  You do not need to go into too much detail about your personal life

9.  Ask for professional help. Your employer should have confidential services and support in place for you

10.  Understand and learn about your legal rights that protect your mental health at work

Consortium Trust Support and Benefits

Health Shield has a 24/7 counselling available to all employees as part of your Health Shield benefit Tel: 0800 028 1963.

Wellbeing First Aiders – There are wellbeing first aiders on site, they are there to listen and support you.

Wellbeing Champions - There are wellbeing champions on site who are there to listen and support you, but they can also be there to be your voice. The wellbeing champions attend meetings where they can put forward any ideas or concerns that you may have.

Toolkits – There are several toolkits to help you with wellbeing, sickness etc. These can be found within the document library on Every compliance.

Breeze Offering health and lifestyle analysis supported by nutrition diaries, stress and fitness programmes plus video guides via the Wisdom online portal and app. (Part of the Health Shield package)

National Helplines/Guidance

Bereavement Support - Try talking about your feelings to a friend, family member, health professional or counsellor – you could also contact a bereavement support organisation such as Cruse or call: 0808 808 1677

Eating Disorder Support - You can talk in confidence to an adviser from an eating disorders charity Beat by calling the Beat helpline on 0808 801 0677.

Citizens Advice - Citizens Advice can give information and help on benefits, housing, law, debt and money etc. There are lots of local citizens advice hubs around the country. You can find their contact details by doing a search for them in your local area or visit the link <https://www.citizensadvice.org.uk/>

Relate - Blogs, resources, books and self-help tools for about every relationship problem out there. Please visit <https://www.relate.org.uk/get-help>. There are various counselling options available including children, family and individual counselling.

Money and Pension Service - Money and Pension Service help people (particularly those most in need) to improve their financial wellbeing and build a better, more confident future. Working collaboratively across the UK, we make sure customers can access high-quality money and pensions guidance and debt advice throughout their lives, how and when they need it. Please visit <https://maps.org.uk/en>

Benefits Guidance Gov.uk - Find out what support you might be able to get to help with your living costs. You can get benefits and other financial support if you're eligible. Please visit <https://www.gov.uk/check-benefits-financial-support>

Mind – You can ask about mental health problems, where to get help near you, treatment options advocacy services, welfare benefits (ask to speak to a welfare adviser) Infoline: 0300 123 3393. You can also contact via: Email: info@mind.org.uk