



DO THE SIMPLEST
TASKS LEAD TO
FRUSTRATION?



Think about it...

**HAVE YOU
BEEN
FINDING IT
HARD
TO FOCUS
AT WORK?**



*If you are drinking,
smoking or eating
more, you may
be at risk of
developing mental
health issues.*

**ARE YOU SHORT TEMPERED
WITH COLLEAGUES AND
OTHERS AROUND YOU?**

Do you feel **stressed**
and **anxious** about
this becoming
something
worse?



Mental health problems can effect anyone of any age and background. The good news is that most people can recover and find ways of managing their problems whilst leading normal active lives. At work or at home people with mental health issues should seek assistance from a mental health specialist. Employers may have access to counsellors but you can always get good advice from your Doctor. For further advice and support, you can also contact the helplines listed below:

DEALING WITH DEPRESSION
Support network for people with depression
• www.dealingwithdepression.co.uk

MIND
Expert advice on mental health issues
• www.mind.org.uk

SUPPORT LINE
Helpline offering advice on mental health
and other issues
• www.supportline.org.uk
• info@supportline.org.uk
• 01708 765200



The communications union