

### Looking out for others at work



**Avoid working in a silo:** be mindful of others' pressures.



**How are you?:** take time to ask others how they are.



**Look out for changes:** if someone is not quite themselves.



**One to ones:** include mental wellbeing in catch-ups.



**Be informed:** look into mental health awareness training.

Visit [time-to-change.org.uk](https://time-to-change.org.uk) to find out more.

### Your mental wellbeing at work



**Take your breaks:** a change of scene and fresh air.



**Don't bottle things up:** ask for help if you need it.



**Celebrate achievement:** don't just focus on what you haven't done.



**Work-life balance:** make time for non-work activities and meeting friends.



**In-house support:** what wellbeing support is available at work?

it's time to talk. it's  
**time to change**

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