

### 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.

### 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.

### 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.

### 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.

### 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.

### 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.

### 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.

### 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.

## 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](http://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](http://sja.org.uk/workplacewellbeing)

\*Please visit the relevant web sites for details on call charges and opening hours



## 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](http://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](http://sja.org.uk/workplacewellbeing)

\*Please visit the relevant web sites for details on call charges and opening hours



## 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](http://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](http://sja.org.uk/workplacewellbeing)

\*Please visit the relevant web sites for details on call charges and opening hours



## 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](http://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](http://sja.org.uk/workplacewellbeing)

\*Please visit the relevant web sites for details on call charges and opening hours



## 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](http://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](http://sja.org.uk/workplacewellbeing)

\*Please visit the relevant web sites for details on call charges and opening hours



## 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](http://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](http://sja.org.uk/workplacewellbeing)

\*Please visit the relevant web sites for details on call charges and opening hours



## 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](http://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](http://sja.org.uk/workplacewellbeing)

\*Please visit the relevant web sites for details on call charges and opening hours



## 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](http://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](http://sja.org.uk/workplacewellbeing)

\*Please visit the relevant web sites for details on call charges and opening hours

