

Mental Health at work....

What can you do to assist your employees and improve mental wellbeing? Take time out to talk – you may have seen the ITV promotion to get people talking. Stop what you are doing, turn the TV off, put your phone down and just talk to the person next to you.



How can you do this at work? **Tea and Talk** – sit down and have a chat.

How well do you know your employees? Make it your mission to get to know them better, take time to find out more.

In our office this is what we found out about our staff:

