

MENTAL HEALTH SAFETY CARD

Welcome aboard

One in four adults experience mental illness every year in the UK. Nearly 15% of people globally experience mental health problems in the workplace. Everyone has mental health - and we all need to take care of it.



Fit your own oxygen mask first

Making sure that you're ok isn't selfish. It's the only way you're going to be able to help others.



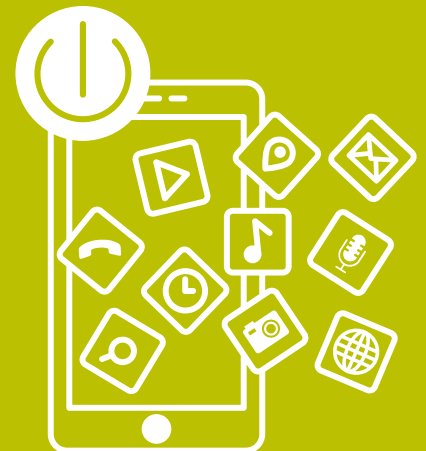
Fasten your seatbelt

Lockdown is a turbulent time so it's important to look out for triggers, or signs that your focus on mental wellbeing has slipped.



Switch off your mobile phone

We're inundated with information all day long. So, sometimes taking a short break from the news and social media can help recharge your mind.



Use the call button above your head

If you need help, please speak to someone. Here's some useful resources to help manage your mental health.



Mind



Mental Health UK



Samaritans