

WORK CAN AFFECT YOUR MENTAL HEALTH

Speak to someone
before you unravel



Don't suffer in silence

If you need someone to talk to and who is willing to listen, contact your unite rep or official.

alternatively, contact:

Mind www.mind.org.uk
0300 123 3393 or text 86463

Samaritans www.samaritans.org
116 123 (free calls)

CALM (campaign against living miserably)
www.thecalmzone.net/aboutcalm/whatiscalm/
0800 585858

www.unitetheunion.org



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