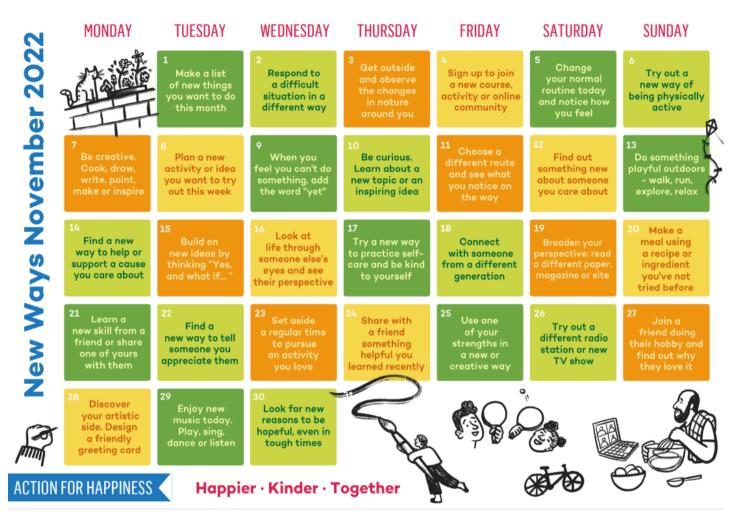
Mental Health and Wellbeing Newsletter November 2022



New Way November



Stress Awareness / Spotting the signs of stress

Stress is a part of everyday life however if you feel stress is impacting you negatively there are things we can do to help

- Talk to a family member or friend
- Ask for help
- Speak to a doctor
- Speak to a colleague
- Speak to your line manager
- There are systems in place, such as risk assessments
- Talk to someone at Thinkwelll referral paperwork can be found on our website



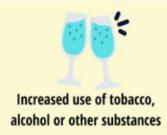
Changes in sleeping or eating patterns



Difficulties sleeping









Don't suffer in silence. It's ok, not to be ok. We are here to help.