



WISH IT WOULD ALL GO AWAY?

**If it's all got too much, someone else may be able help...
talk to somebody: they may have been there too**

**Stress, anxiety and depression cause more days off sick
than any other health problem – it doesn't have to be that way**

**Your employer has signed the MINDFUL EMPLOYER
Charter for Employers who are Positive About Mental Health**

That's a commitment to work towards improving the workplace

Ask your employer for more details—contact:

www.mindfulemployer.net





BURYING YOUR HEAD IN THE SAND?

**If you're hiding away from it all, someone else may be able to help...
talk to somebody: they may have been there too**

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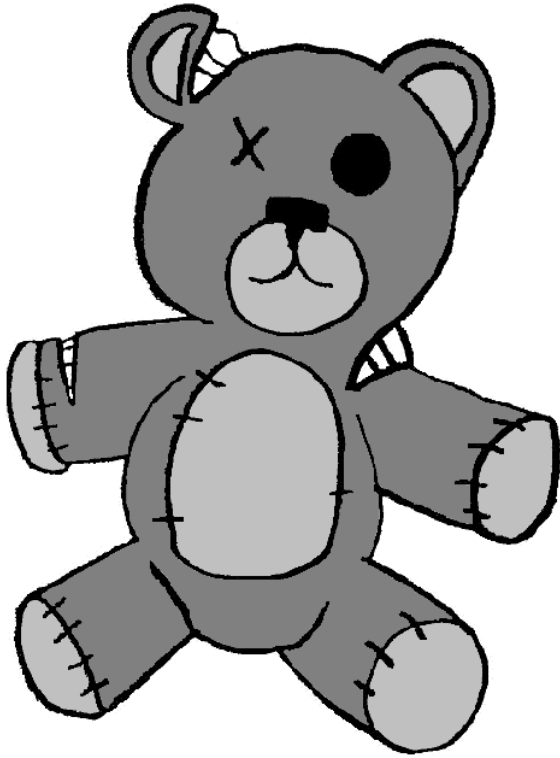
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**“YOU KNOW WHAT?
IF I COULD
PULL MYSELF
TOGETHER,
I WOULD”**

**If you're being torn apart, someone else may be able to help...
talk to somebody: they may have been there too**

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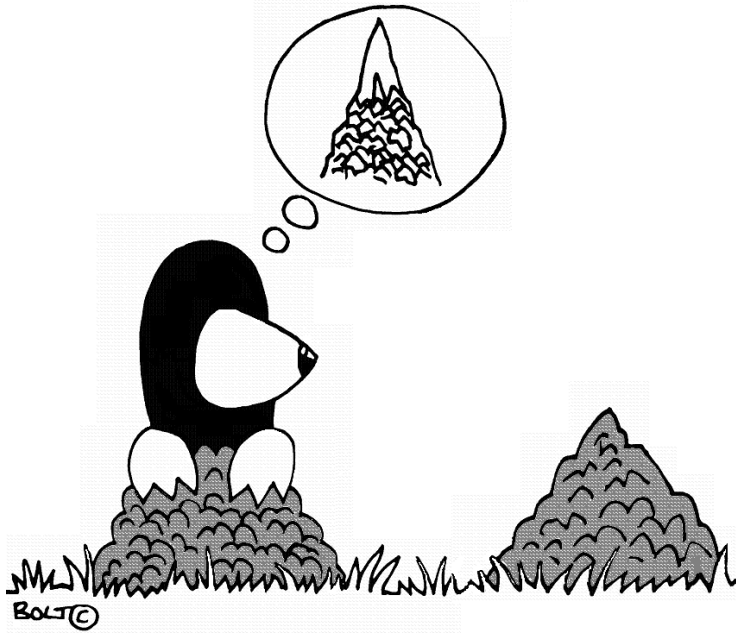
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MAKING A MOUNTAIN OUT OF A MOLE HILL?

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HANG ON IN THERE!

If it feels like everyone's out to get you...

talk to somebody: they may have been there too

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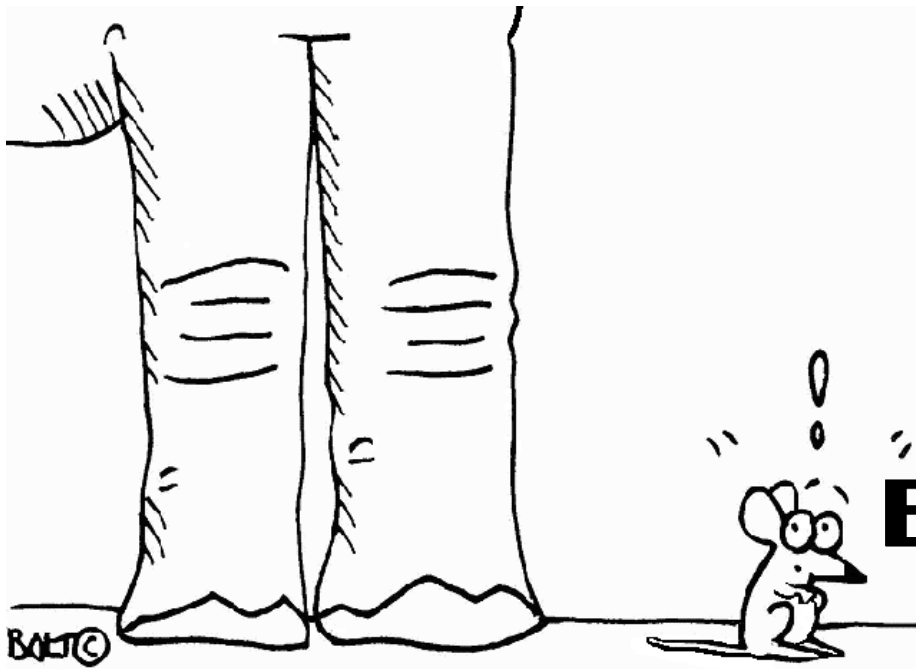
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HEAR THE SOUND OF DISTANT ELEPHANTS?

**If everything's looming large, someone else may be able help...
talk to somebody they may have been there too**

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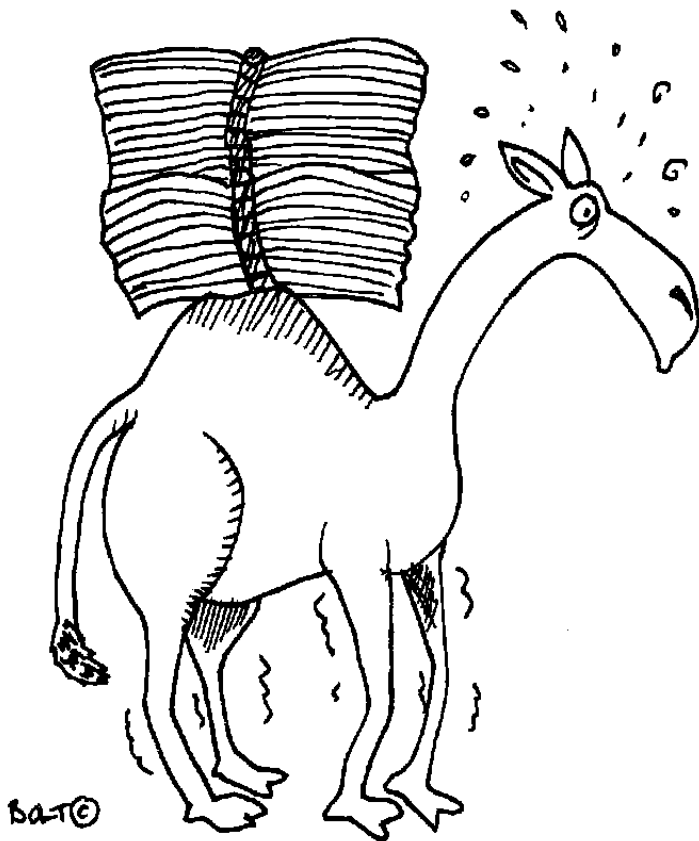
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THIS IS THE LAST STRAW!

**If the load's too heavy, someone else may be able to help...
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