



It's good to talk

Anyone Can Feel Upset, Sad or Overwhelmed

But if these feelings are not going away, it may help to talk to someone.

If you think you are experiencing a mental health problem and this is affecting you at work, talk to your Usdaw rep.

Udaw can help make sure you get the support you need at work.

You can also contact the national mental health charities below to find out more about mental health problems and where to get help near you:

Mind 0300 123 3393 (England and Wales)

SAMH 0344 800 0550 (Scotland)

Inspire 0808 189 0036 (Northern Ireland)

www.usdaw.org.uk/equalities

Contact us at equalitymatters@usdaw.org.uk or call 0800 030 80 30 for more information.

www.usdaw.org.uk

#TalkToUdaw

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