

Look out for your team-mates

- **What's changed?** perhaps someone's not been themselves recently?
- **Check it out:** ask them how it's going, and be open to listening.
- **Team talks:** include wellbeing in catch-ups.
- **You don't have to be an expert:** you can still start the conversation.
- **Be informed:** check out mental health resources available from Mind's Blue Light Programme

mind.org.uk/bluelight

#mybluelight

