



Heroes of 'safe and well'



Show your colleagues some care by taking time to check in with them.

If you think a colleague could benefit from support;



LOOK

Are they displaying any signs of stress such as; avoiding others, irritability, anxiety, not eating, not sleeping, body pain, nausea, exhaustion?



LISTEN

A problem shared is a problem halved! If you think a colleague is struggling, ask them "**Are you OK?**" Be kind, empathetic and non judgemental, a listening ear can go a long way.



LINK

You don't need to have all the answers to everyone's problems. Instead, show them where to access support and resources themselves and link people up with those who can support them.

For all support and resources available to you visit [The Insider](#) and search 'Wellbeing: Support for you'.

