



# Putting

# on a

# brave

# face?

Sometimes, we say we're fine when we're not. Asking once isn't always enough. Look out for your colleagues by asking twice.

Call 0800 358 4858 or chat online

Network Rail dedicated portal: [www.validium.com/vclub](http://www.validium.com/vclub)  
Username: NetworkRail Password: onlinesupport

To find out more, visit the Network Rail Mental Wellbeing Hub  
<https://ohw.hub.networkrail.co.uk/Pages/Mental-Wellbeing.aspx>

Take part in the conversation on the Talking Mental Health Yammer page

**Putting a  
spotlight  
on mental  
wellbeing**

