

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
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**

