

Mental

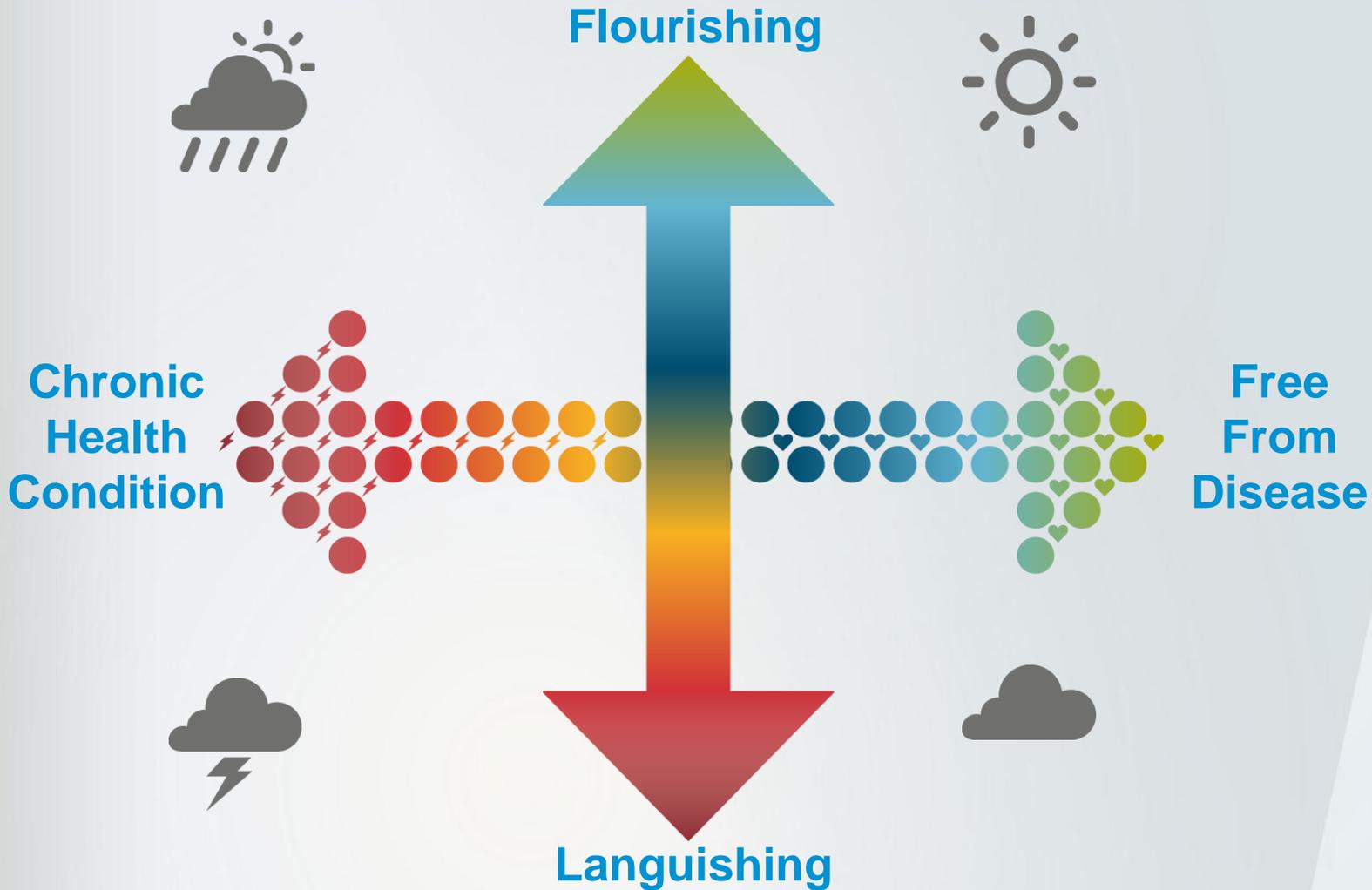
Wellbeing

in Network Rail



everyone fit
for the future

What is 'wellbeing'?



Our Vision for Mental Wellbeing

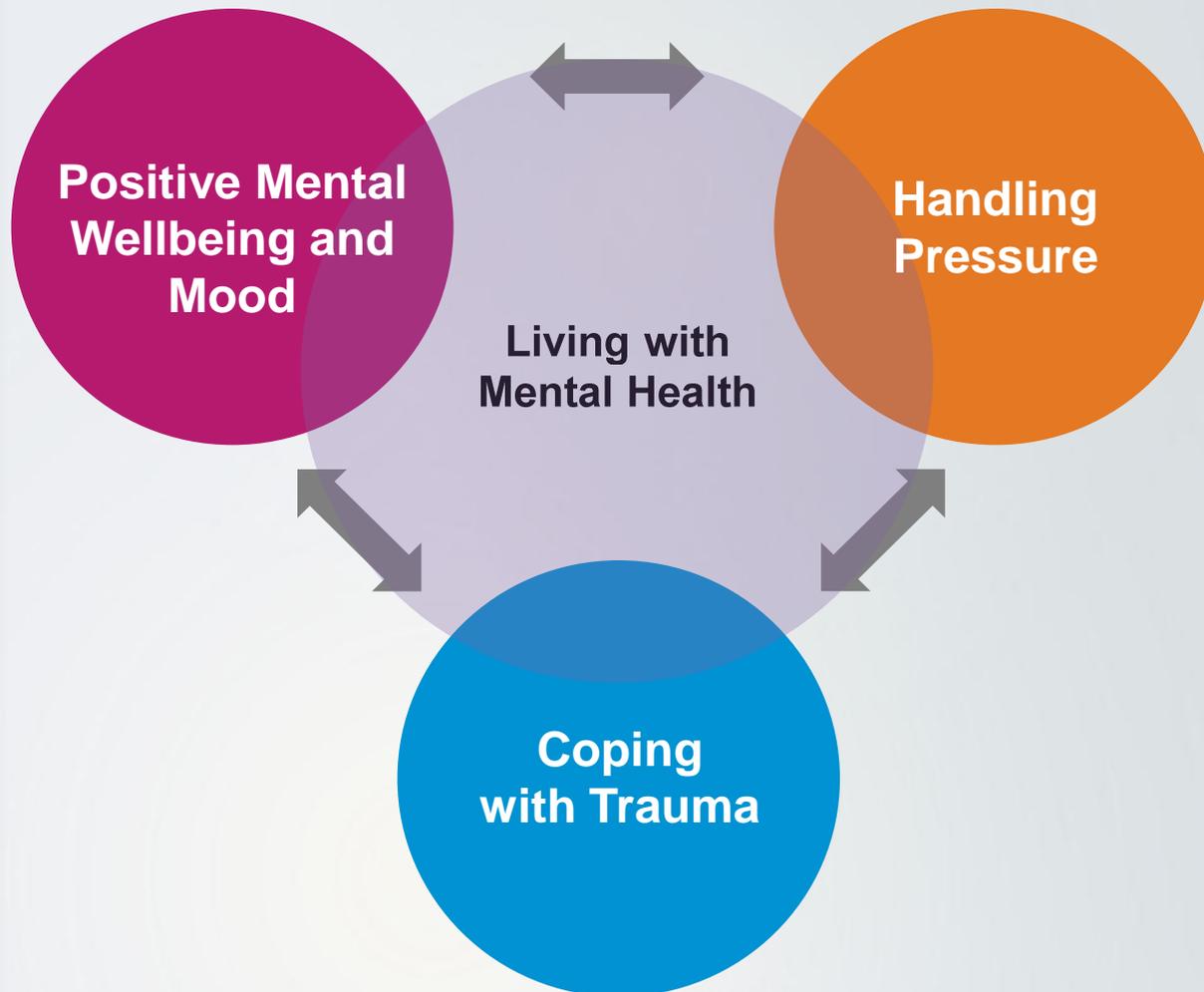


Our people feel positive, have a sense of purpose and are able to handle everyday pressures.

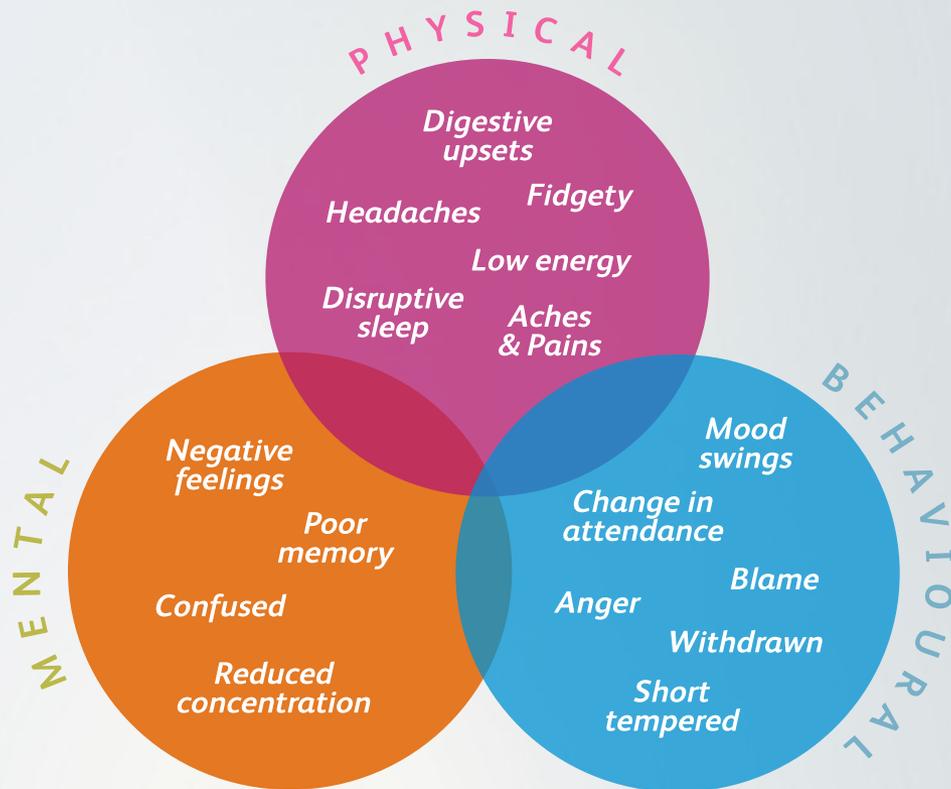


everyone fit
for the future

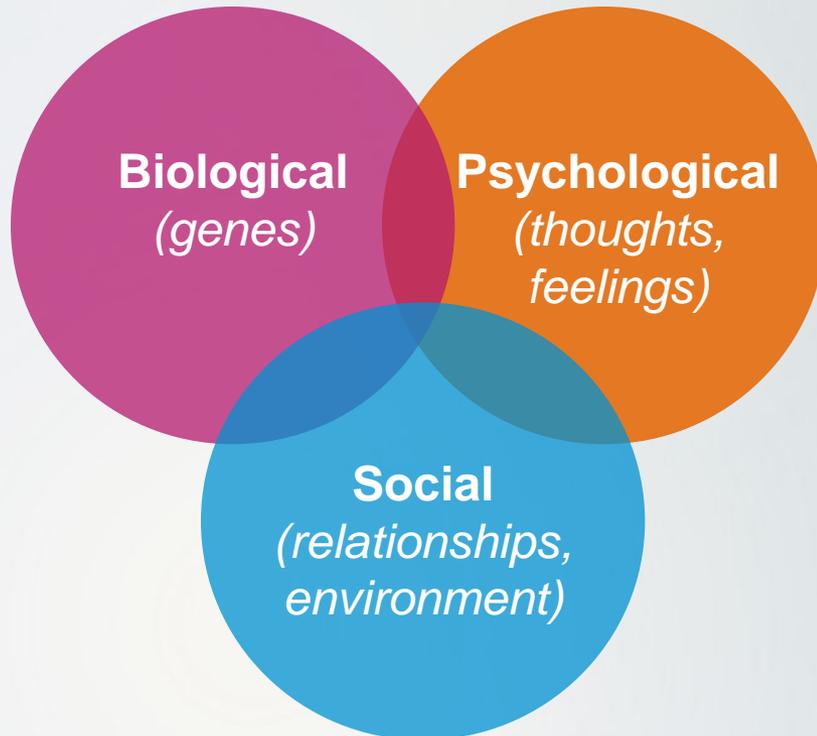
Supporting Mental Wellbeing in Network Rail



Spotting Potential Signs of Stress



Living with Mental Health



Top 5 myths of mental health

MYTH Only weak people have mental health problems

TRUE Anyone can be affected

MYTH If someone has a problem, they will find help themselves

TRUE Most people do not talk about it because of fear, perceived sign of weakness and stigma

MYTH If someone close to you suffers a mental health problem, it's none of your business

TRUE Friends and colleagues are best placed to spot signs and symptoms and encourage you to seek help

MYTH No-one can help me if I suffer with mental health problems

TRUE There are lot of effective way to improve mental wellbeing

MYTH You need to be 100% fit to be at work

TRUE Returning and staying in work is one of the best things to support recovery.



Resources to help...

Visit www.safety.networkrail.co.uk/healthandwellbeing for:

- ⊖ Videos
- ⊖ Posters
- ⊖ Presentations
- ⊖ Articles
- ⊖ 'Ask our experts'

