Looking out for others at work

Avoid working in a silo:
be mindful of others' pressures.

How are you?:
take time to ask others how they are.

Look out for changes:
if someone is not quite themselves.

One to ones:
include mental wellbeing in catch-ups.

Be informed:
look into mental health awareness training.

Find out more at **time-to-change.org.uk**