

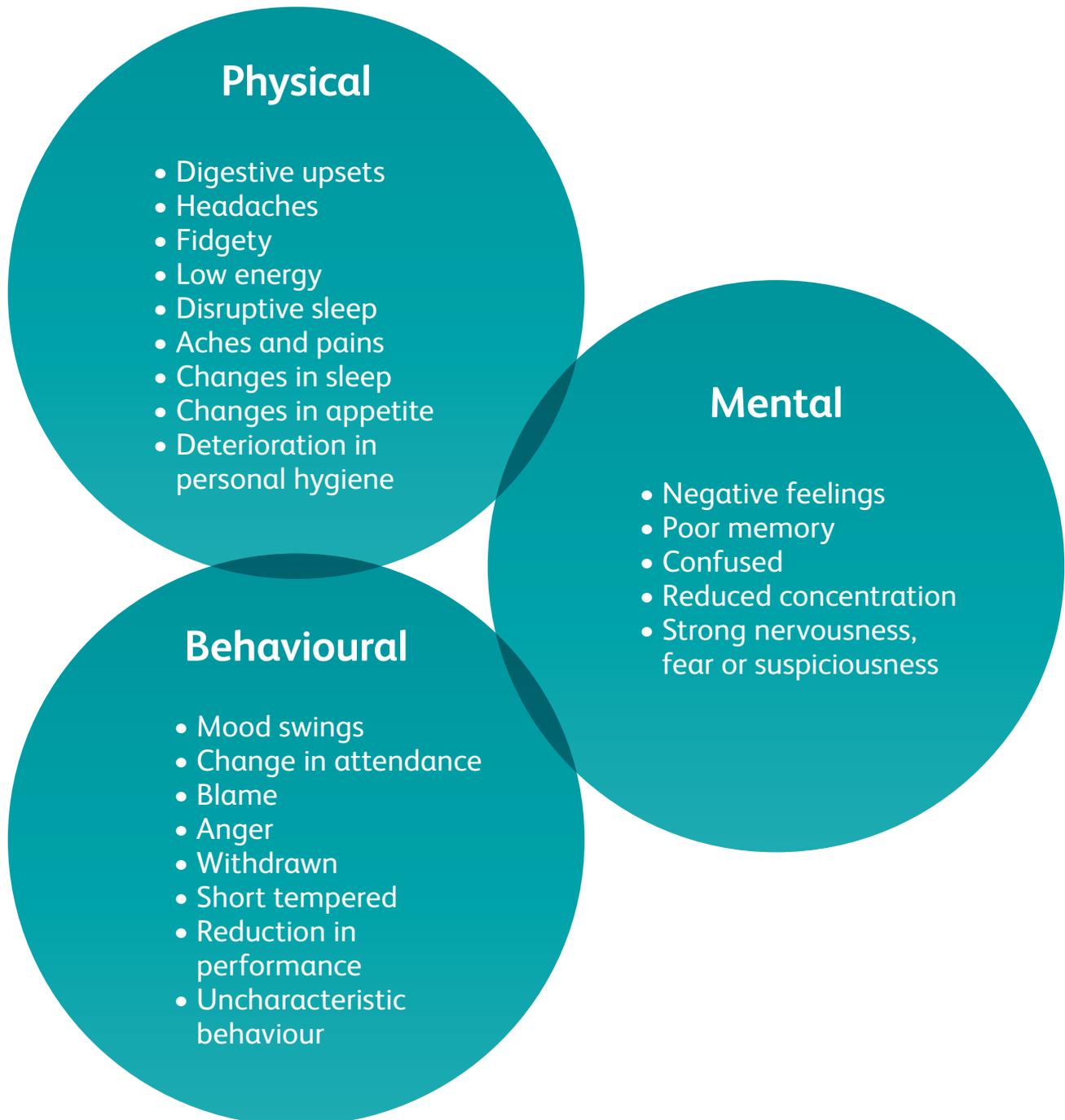
# Signs, symptoms and effects of poor mental wellbeing



everyone fit  
for the future

## Potential signs and symptoms of mental health issues

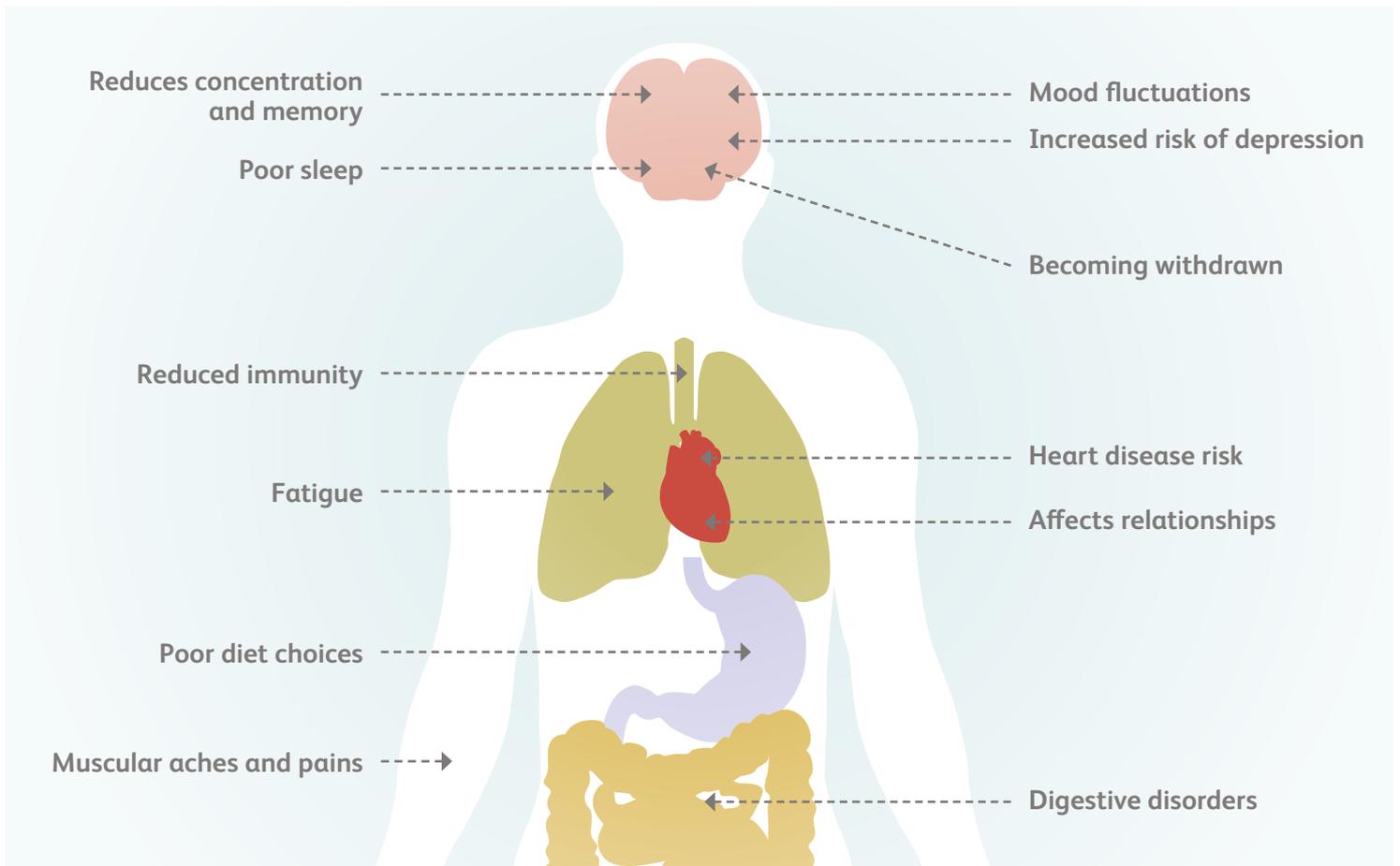
Although there are common signs and symptoms which everyone can learn to recognise, in others and themselves, the overarching message is to look out for any changes in people you interact with regularly and act on that. If you are a manager, maintaining regular contact with all your team members and asking them how they are will help you pick up if something is different to normal.



One or two of these symptoms can't predict a mental illness. The important thing to look out for when spotting signs and symptoms of poor mental wellbeing in others is changes in their usual behaviour, physical appearance or mentality. A person experiencing several of these symptoms together that are causing serious problems in his or her ability to study, work, or relate to others should consider contacting a mental health professional.

### Effects of poor mental wellbeing:

The effects of poor mental wellbeing can be different for every individual. It can not only affect psychological health but can also have a detrimental impact on physical health. For example depression has been linked to 67% increased risk of death from heart disease and 50% increased risk of death from cancer. It is difficult to list the potential effects of all mental health conditions therefore the image below highlights some of the short and long term effects of stress.



### Where to find help and support

At Network Rail there are various resources and support mechanisms available to you if you are concerned about your mental wellbeing.

1. Health and Wellbeing Portal:  
<http://safety.networkrail.co.uk/healthandwellbeing>

2. Employee Assistance Programme:  
Call: **0800 358 4858**  
or **0330 332 9980**  
[www.validium.com/vclub](http://www.validium.com/vclub)

3. Occupational Health:  
<https://safety.networkrail.co.uk/healthandwellbeing/HelpingOthers/Supporting-wellbeing-at-work/Occupational-Health>