**Let’s talk about mental health**

**The 10 October is World Mental Health Day**. It’s a chance to make sure you’re looking after your mental wellbeing every day, and feel empowered to seek support if you need it.

At <insert company name> we recognise that our mental health is just as important as our physical health. That’s why we’re committed to promoting awareness and empowerment. We want you to come to work feeling good on the inside as well as the outside.

**Feelings and symptoms**

It’s important to recognise when you aren’t quite feeling yourself and may need some help. We can all play an important role in supporting the people around us, like our colleagues, friends and family.

Signs of poor mental health can vary but some examples include:

* trouble concentrating
* low mood or mood swings
* isolation and avoiding social activities
* feeling irritable or angry
* tiredness and low energy
* a lack of interest in day-to-day activities
* sleeping more or less than usual
* talking less than usual

Here’s what our Mental Health Clinical Case Managers, Harriet Finlayson, Danielle Panton and Michelle Hinchley have to share:

**“Mental health includes psychological, social, and emotional wellbeing which can influence every aspect of your life. It's best that we think about our mental health as being on a scale rather than only seeing ourselves as either being ‘mentally well’ or ‘mentally unwell‘.**

 **Mental health doesn't discriminate and can affect anyone, therefore it's vital that we recognise our own wellbeing needs to ensure that our mental health is protected. At Bupa, we endeavour to help people to live healthy and happy lives. There is no health without mental health so make sure you take the time to prioritise yours.”**

**Where to get support**

Bupa has a range of services to help you manage your mental wellbeing. Check with <insert manager/HR representative> to see what’s available to you.

You have access to [Bupa’s toolkit](file:///C%3A%5CUsers%5Cbranden.mcleod%5CDownloads%5CTBC), which is full of expert advice to support a healthy mind. You’ll also find support on [Bupa’s website](https://www.bupa.co.uk/health-information/mental-health), at [Mind](https://www.mind.org.uk/), [Samaritans](https://www.samaritans.org/) or the [Mental Health Foundation](https://www.mentalhealth.org.uk/).

**If you need to talk**

Call 0345 600 5446. You don’t need to be covered.

**If you need help urgently**

If you’re struggling, you’re not alone. Importantly, you won’t be wasting anybody’s time.

[Find a local NHS urgent mental health helpline in England](https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline).