

World Mental Health Day: Support Every Mind



Breaking the silence around mental health challenges is one of the most powerful steps we can take toward safe and healthy workplaces. When stigma is challenged, conversations open, and support follows.

Mental health touches every role, every team, every person. Ignoring it doesn't make it go away, it just makes struggles heavier to carry alone.

This World Mental Health Day, 10 October and beyond, let's make space for honest dialogue. Ask twice. Listen without judgement. Share support. And remember, confidential help - from emotional wellbeing to legal and financial advice - is always available through your EAP.



Scan the QR code to access guides on conversation, stigma reduction, and workplace wellbeing.



**counselling
& advice helpline**

 **0800 328 1437**

 **employeeassistance.org.uk**



The counselling & advice service is provided by Wellbeing Solutions.
wsm-wellbeing.co.uk