

Usdaw

Campaigning
For Equality

Disability

It's Good to Talk

Anyone can feel upset,
sad or overwhelmed.

But if these feelings are
not going away it may
help to talk to someone.

If you think you are
experiencing a mental
health problem such
as stress, depression or
anxiety talk to your
Usdaw rep.

Your rep can help make
sure you get the support
you need at work.

You can also contact the
national mental health
charity MIND Infoline on
0300 123 3393.



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For more information on your rights at work or
joining Usdaw contact your rep or call your local
Usdaw office on 0800 030 80 30.

web: www.usdaw.org.uk/equalities email: equalitymatters@usdaw.org.uk

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Usdaw
Union of Shop, Distributive
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