

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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Stock photography, posed by models

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** or email equalitymatters@usdaw.org.uk