How I might be feeling?

- I'm feeling low, stressed, irritable or anxious.
- I'm not sleeping well.
- I'm not coping.
- I can't concentrate.
- I'm not getting on with people.

- I'm struggling to keep emotions under control.
- I can't stop crying or control my anger.
- I can't face being around other people.
- I'm behaving out of character.
- I'm making really impulsive decisions.

- Obsessive thoughts or compulsive behaviours are seriously interfering with everyday life.
- I am struggling to know what is real.
- I hear voices inside my head.
- I see things I don't think other people see.
- I am seriously considering suicide.
- Thoughts of food, alcohol, drugs, gambling, weight or similarly are all I can think about.

What might help me?

- Talk to my line manager (if I feel I can) or another member of the management team.
- Look at my organisation's health and wellbeing intranet pages.
- Refer myself to the Occupational Health.
- Access counselling and psychological support.
- Review Mind's working from home wellness action plan

- Talk to my line manager about the possibility of modifying my duties to help me cope.
- Talk to my GP.
- If I have been seen by a Community Health Team (CMHT) before, contact them directly.
- Look at my organisation's health and wellbeing intranet pages.
- Refer myself to the Occupational Health.
- Access counselling and psychological support.
- Review Mind's working from home wellness action plan

- Talk to my manager about whether I am well enough to be in work and / or possibly modifying my duties.
- Talk to my GP urgently.
- If I have been seen by a Community Health Team (CMHT) before, contact them urgently.
- Review Mind's working from home wellness action plan

Help Now Click here to access on line resources and apps
Samaritans 0800 48 40 555 or Health for Health Professional 0800 058 2738