

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](#)
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- 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](#)
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- 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](#)