



# **WISH IT WOULD ALL GO AWAY?**

**If it's all got too much, someone else may be able to help...  
talk to somebody: they may have been there too**

**Stress, anxiety and depression cause more days off sick  
than any other health problem – it doesn't have to be that way**

**Your employer has signed the MINDFUL EMPLOYER  
Charter for Employers who are Positive About Mental Health**

**That's a commitment to work towards improving the workplace**

**Ask your employer for more details—contact:**

**[www.mindfulemployer.net](http://www.mindfulemployer.net)**





# **BURYING YOUR HEAD IN THE SAND?**

**If you're hiding away from it all, someone else may be able to help...  
talk to somebody: they may have been there too**

**Stress, anxiety and depression cause more days off sick  
than any other health problem – it doesn't have to be that way**

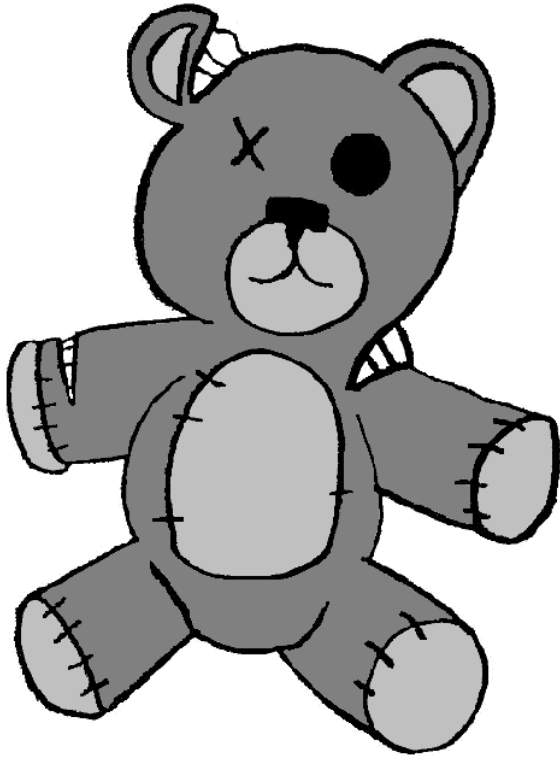
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**“YOU KNOW WHAT?  
IF I COULD  
PULL MYSELF  
TOGETHER,  
I WOULD”**

**If you're being torn apart, someone else may be able to help...  
talk to somebody: they may have been there too**

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than any other health problem – it doesn't have to be that way**

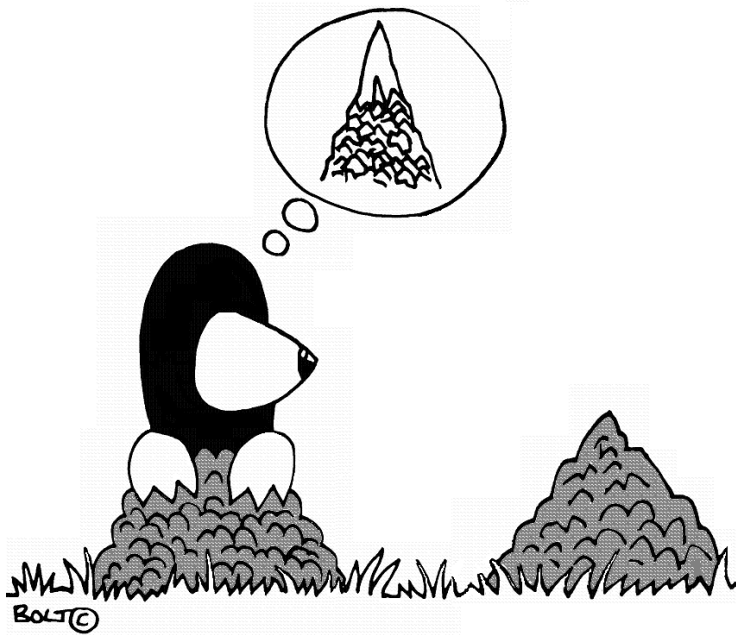
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# **MAKING A MOUNTAIN OUT OF A MOLE HILL?**

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talk to somebody: they may have been there too**

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# **HANG ON IN THERE!**



**If it feels like everyone's out to get you...**

**talk to somebody: they may have been there too**

**Stress, anxiety and depression cause more days off sick than any other health problem – it doesn't have to be that way**

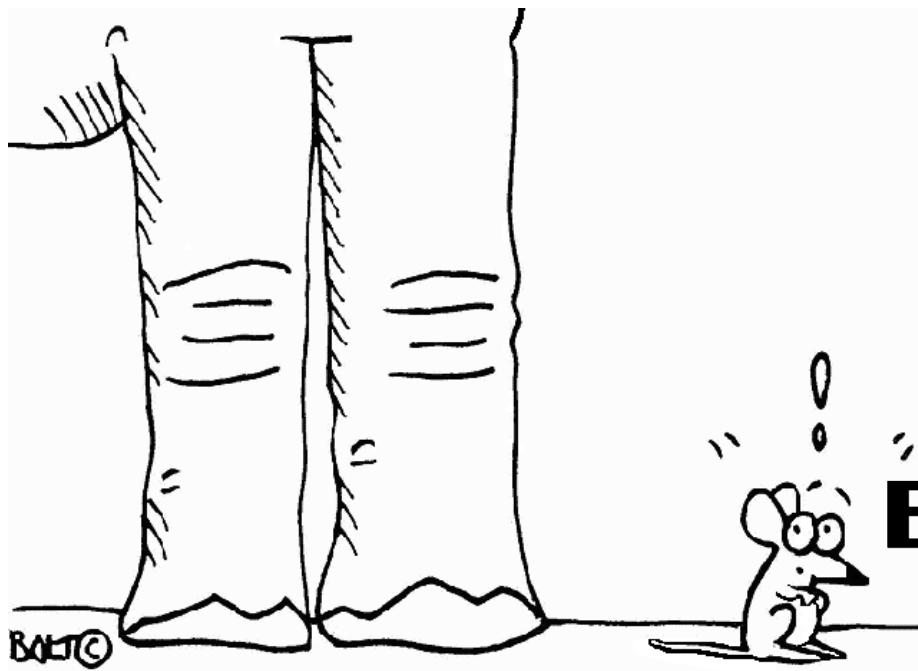
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# **HEAR THE SOUND OF DISTANT ELEPHANTS?**

**If everything's looming large, someone else may be able to help...  
talk to somebody they may have been there too**

**Stress, anxiety and depression cause more days off sick  
than any other health problem – it doesn't have to be that way**

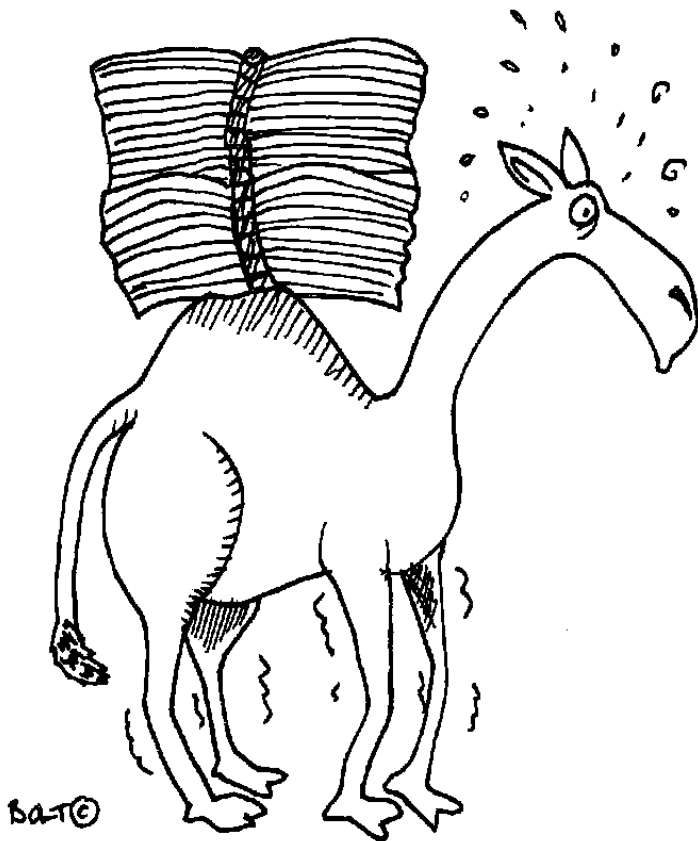
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# **THIS IS THE LAST STRAW!**

**If the load's too heavy, someone else may be able to help...  
talk to somebody: they may have been there too**

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than any other health problem – it doesn't have to be that way**

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