

**It seems so small,
but it's a powerful thing to say...**

OKAY?

If you see someone's having a bad day simply asking '**are you okay?**' could make the difference between someone coping or not. Show you care and start a conversation today. It could help end mental health discrimination at work.

#powerofokay

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See Me
End mental health
discrimination

My mind goes...

tick

tick

tick

If you're struggling with your mental health at work, take time out to gather your thoughts. Think about talking to someone you trust in confidence. It could put your mind at ease.

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My thoughts are getting on top of me...



If you see someone's having a bad day a simple **'are you okay?'** could make it better. End mental health stigma and discrimination at work by really listening and showing you care.

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**What if at work
I tell the Big Cheesy?**

**B. CHEESY
THE BOSS**

Want to talk about your mental health in confidence with your boss or colleagues? You have the right to be treated fairly, with dignity and respect. End mental health discrimination at work.

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