

A five-minute toolbox talk

Read it out at a team briefing, a shift handover or a site meeting. It works best in your own words.



START

Today's talk isn't about deadlines or kit. It's about each other, and it'll take five minutes.

WHY IT MATTERS

Most of us know someone who's struggled with their mental health. A lot of people who are struggling still come to work every day, and nobody notices. We can change that.

WHAT TO LOOK OUT FOR

Someone going quiet, snapping more than usual, turning up late, drinking more, or saying things like "what's the point". You don't need to know what's wrong. Just notice they're different.

WHAT TO DO

Ask them, somewhere private: "How are you doing, really?" Then listen. You don't have to fix it. If you're worried they might be thinking about suicide, ask them straight. It won't put the idea in their head.

WHERE TO GET HELP

If it's an emergency, call 999. Samaritans are there 24/7 on 116 123, free. You can text SHOUT to 85258. Our Employee Assistance Programme number is:
..... Everything else is on notokay.co.uk.

FINISH

It's ok to be not okay. If that's you today, come and talk to me, or anyone here, after this. If it's someone you know, send them a text tonight.

116 123

Samaritans, free, 24/7

SHOUT to 85258

Text, free, 24/7

999

Danger right now

notokay.co.uk

More help, by topic