

Someone on your team not okay?

You don't need a qualification. You need to notice, and ask.

1

Notice the change

Quieter, snappier, later, drinking more. You don't need to know what's wrong.

2

Ask, somewhere private

"How are you doing, really?" Then listen. You don't have to fix it.

3

Point them to help, then check in

Help them make one call while you're with them. Ask again next week.

Worried they might be thinking about suicide? Ask them straight. It won't put the idea in their head. If they're in danger right now, call 999 and stay with them.

Samaritans, free, 24/7

116 123

Text, free, 24/7

SHOUT to 85258

Danger right now

999

Our Employee Assistance Programme:

It's ok to be

NOT OKAY



Guides for managers and support by industry
notokay.co.uk/work