



Feeling stressed, anxious, depressed?

High levels of stress mean you may be feeling exhausted, overwhelmed, fearful, or flat. **These are exceptional circumstances - it is okay to not be okay.**

Remember to talk to colleagues, your manager or someone else you trust about how you are feeling. Your reactions are normal and you don't have to cope alone.

You can also contact:

- The occupational health service within your organisation
- IAPT (Improving Access to Psychological Therapies): **01226 644900** or self-refer through their website: **www.barnsleyiapt.co.uk**
- Yorkshire-wide 24 hour mental health helpline: **0800 183 0558**
- National staff support line: **0300 1317000**
- Listening Ear (bereavement support): **0800 048 5224** or **www.listening-ear.co.uk/refer**
- Your GP

**Talking is like washing your hands for your mental health.
It is being responsible, not selfish, to look after yourself.**

www.southwestyorkshire.nhs.uk

With all of us in mind.