

# Session 4 - Mental Health & Wellbeing in the workplace for Individuals

Looking after our own mental health



**WITH YOU IN MIND**

CORPORATE WELLBEING

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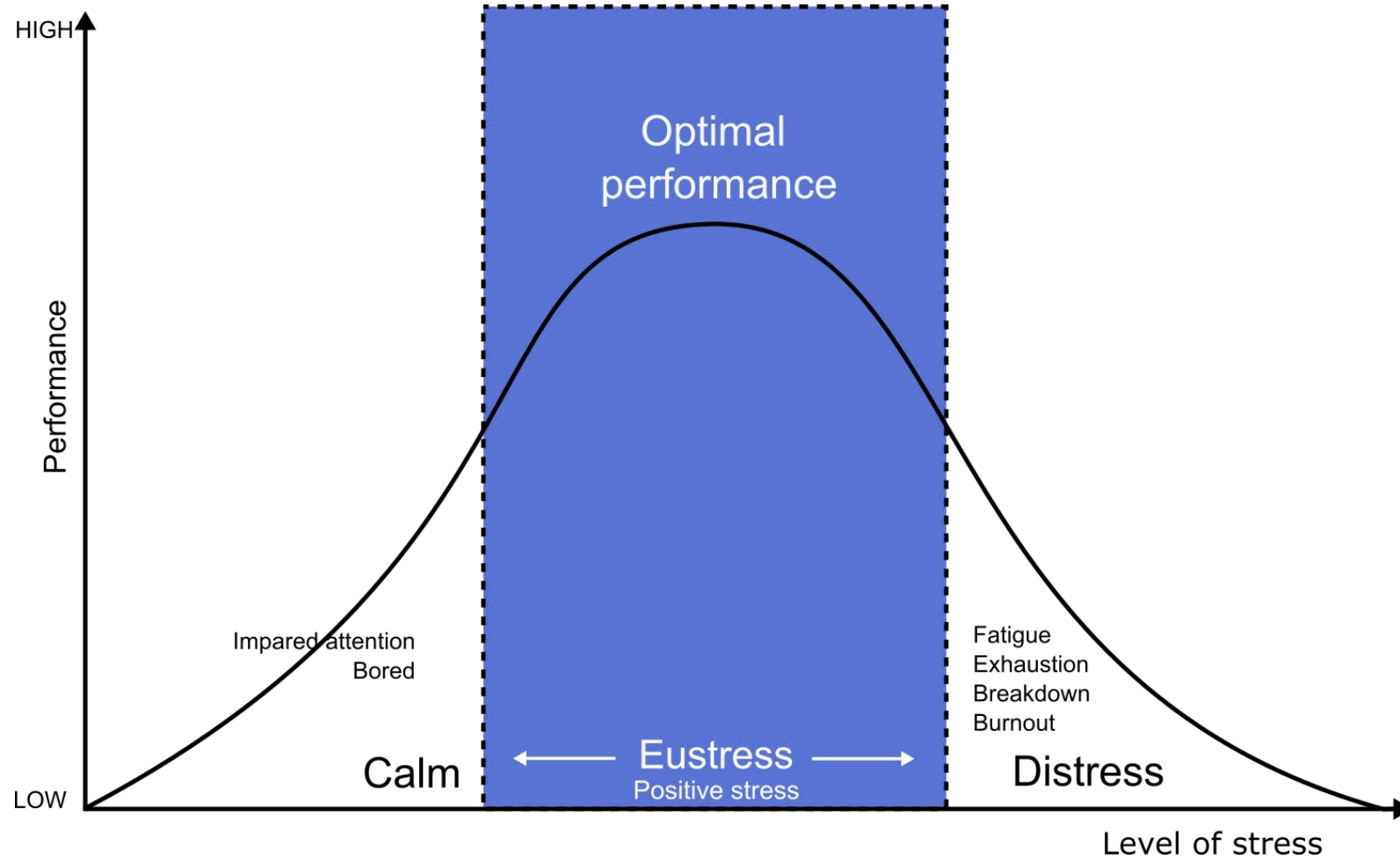
# | Mental Health statistics

- 1 in 4 people in the UK will experience a mental health problem each year
- 1 in 6 people in England report experiencing a mental health issue in any given week

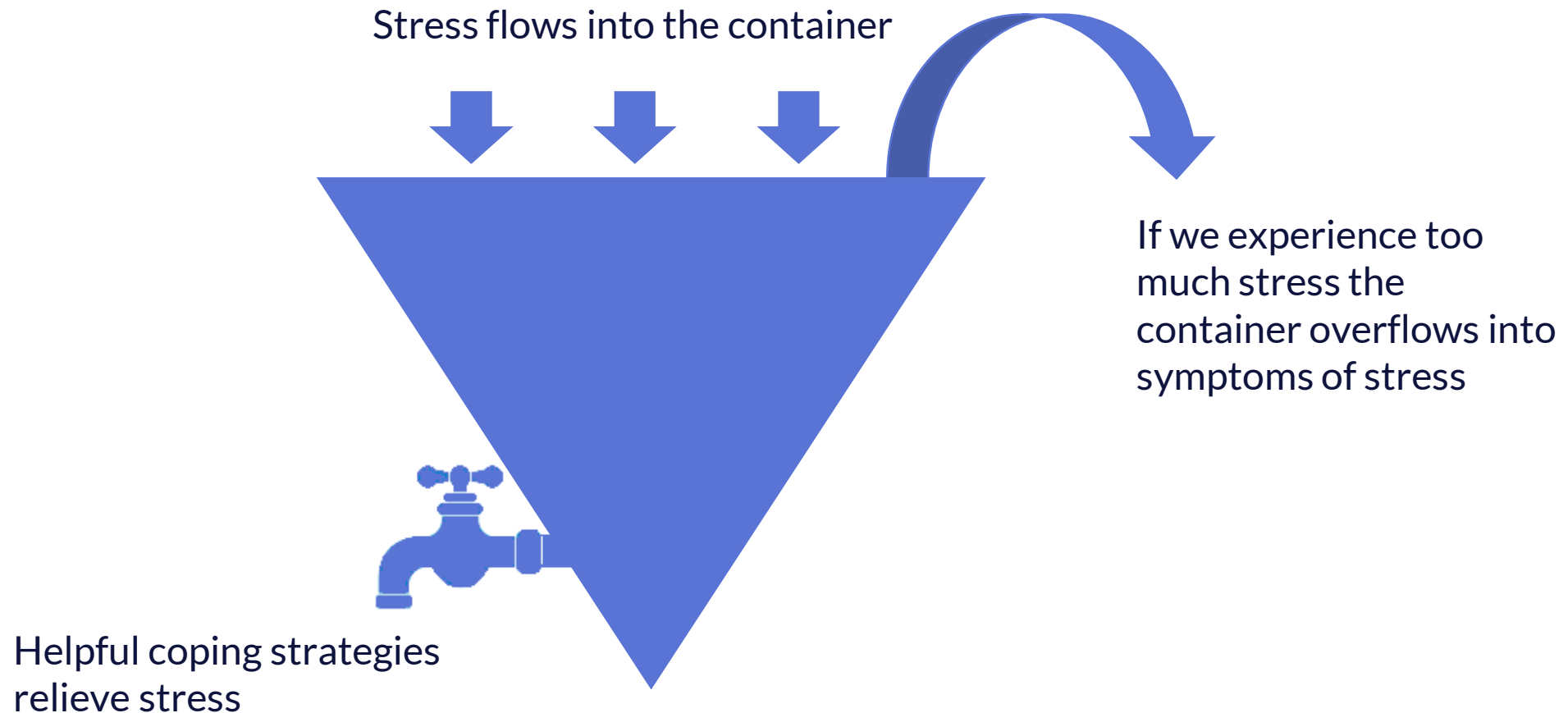
# | Stigma

- We all have mental health in the same way we all have physical health
- Talking about mental health helps remove stigma
- It's time to change negative perceptions surrounding mental health
- We are all responsible for our own mental health and should also be able to help and support others

# Stress Curve



# |What's in your Stress Container?



To learn more visit

[www.rec.uk.com/mental-health](http://www.rec.uk.com/mental-health)



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