



Mental Health Guidance

Life can get overwhelming, and we all have times when things feel heavy. Whether you are dealing with stress, feeling low, or just having a tough week, help is always right here.

6 Top Tips to Improve Your Mental Wellbeing

Daily habits from NHS Every Mind Matters to help you feel more in control:

-  **Reframe Thoughts:** Catch negative cycles and try a new perspective.
-  **Be Present:** Take time to pause and practice mindfulness.
-  **Get Good Sleep:** Keep a routine and ditch screens before bed.
-  **Connect:** Quality time with others beats loneliness.
-  **Live Healthy:** Moving and eating well directly boosts mood.
-  **'Me' Time:** Make regular space for things you enjoy.



More tips from
Every Mind Matters

Spotting the Signs in Others

People can be masters of disguise, smiling to cover up what's really going on.

Trust your instincts and check in if a colleague shows:

- **Changes:** Unusually irritable, flat, low energy, or changes in eating/sleeping.
- **Withdrawal:** Pulling away from the team or hanging out less.
- **Neglect:** Caring less about personal appearance or hygiene.
- **Risk:** Reckless choices, increased alcohol/drug use, or joking about suicide.

 If you see, hear, or suspect something is wrong - reach out.

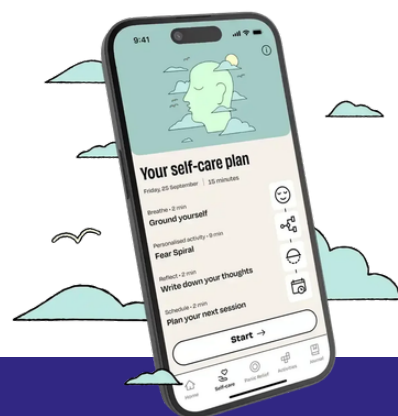
The CALMzone App



Track your daily mood, use real-time breathing tools to lower stress instantly, and find guided audio sessions to help you unwind.



Download now!



Here to Support You

If you need a confidential chat, guidance on available resources, or just someone to listen, please reach out to our Mental Health First Aiders:

- **Shannan Paterson:** 07929 564218 / Shannan@liffgroup.co.uk
- **Neil Brown:** 07395 034940 / Neil.Brown@petersmythe.co.uk

Beyond our internal team, all employees can access the Westfield Health Plan for additional mental health support and professional counselling. You can find all plan documents on The Hub under The Liff Group → HR Management System → Company Policy & Benefits.