



*It's time to talk*

Struggling or feel overwhelmed?

Visit [safeinourworld.org](https://safeinourworld.org) to find helpful resources and links to confidential support lines.



PROUDLY  
SUPPORTING  
MENTAL  
HEALTH  
AWARENESS

**#LevelUpMentalHealth**



*It's Ok to not be Ok*

We're committed to helping all employees in better supporting their mental health.

Learn more at [safeinourworld.org](https://safeinourworld.org)



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SUPPORTING  
MENTAL  
HEALTH  
AWARENESS

[#LevelUpMentalHealth](https://twitter.com/LevelUpMentalHealth)



*Let's talk about it!*

Talk to a co-worker, your line manager or find confidential support lines at [safeinourworld.org](https://www.safeinourworld.org)



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[#LevelUpMentalHealth](https://www.safeinourworld.org)



*Your speed doesn't matter. Forward is forward.*

We're proud to support mental health charity Safe In Our World!

It's Ok to not be ok and if you feel your department could benefit from taking an accredited training course, speak to your line manager or visit [safeinourworld.org/training-events/](https://safeinourworld.org/training-events/)



**#LevelUpMentalHealth**