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minutes of activity on most
days. If it's easier, three
10-minute sessions can be

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engages both your arms and
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running, swimming, weight
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free resource to help you
and your kids with your sad,
mad and worried feelings

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during this tough time. And,
this link has fun activities
you and your kids can do
alone or together inside and
outside. The online book is
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Work by Sir John Timpson

Most people with stress and
depression find it difficult
to admit they have a
problem. Many are reluctant

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to talk to a doctor and
almost all find it hard to
start a critical
conversation with their
boss.

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previous publication from
2011, contains information,
practical advice and
templates to help managers
to facilitate conversations
about stress and poor mental
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Just as mental health is
part of our overall health,

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and all health professionals
have a part to play helping
people get the right support
at the right time.

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healthy lives with a
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