MENTAL HEALTH AT YORK

We aspire to create an environment where people can be open about their mental health and get the support they need without fear of stigma or discrimination.

The extent to which you can:
- Make the most of your potential
- Cope with change and uncertainty
- Manage feelings and emotions
- Engage fully in family life, work and the community

Everyone - we all have mental health:
- Sometimes it’s good, sometimes it’s not and that can change with time and circumstances
- 1 in 4 adults will experience a mental health condition in any given year
- Between 1 and 2 in every 100 will experience a severe mental illness

It’s natural to feel different emotions:
- Sad or angry when a bad event occurs; scared or anxious when dealing with something worrying
- You or someone close to you will usually recognise when you could perhaps benefit from some extra support
- It’s not a sign of weakness to ask for help
- People can and do recover from mental health problems, even serious, long-lasting ones.

Need help with your own mental health or supporting someone else?
- Speak to your manager or HR Adviser
- Occupational Health
- Confidential Care (Counselling and Employee Assistance)
- Mental Health First Contact
- Stress management
- Harassment advisers

What is mental health?
What does it affect?
How we can help
What to remember