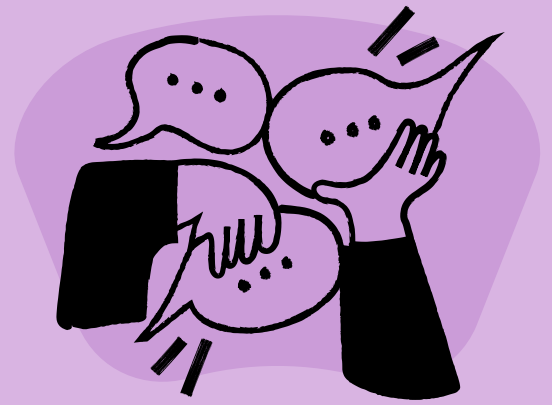


Know the signs.

Check in with a team mate



Withdrawn & Anti-social

Has your team mate been quiet and less involved recently?



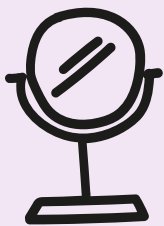
Mood swings or agitated

Those who are struggling may experience sudden changes in their mood.



Struggling to keep up

Inability to prioritise and being overwhelmed at work could be a sign.



Changes in appearance

Noticed a change in appearance or personal hygiene?



Turning up late to work

Consistent lateness could be a sign your team mate is struggling.



Increased Absenteeism

Skipping work a lot recently? It's time to check in.