

Mental health and wellbeing

11 Aug 2020

You are not alone

Mental health is a critical health and safety issue, but it's one that many people often ignore. Unlike with physical problems, people with mental health issues are generally expected to "be strong" and not let the issues interfere with work and other responsibilities.

But at GMB we know that sweeping mental health issues under the carpet and pretending they don't exist is the wrong approach.

We know well that most GMB members find it hard to talk about a mental health problems or request advice and support when it's needed.

When you're living with a mental health problem, or supporting someone who is, having access to the right resources is vital.

Always remember; you are not alone - there are lots of things you can do and organisations that can help.

On this page you will find various links for you to get advice and training on a range of mental health issues.

