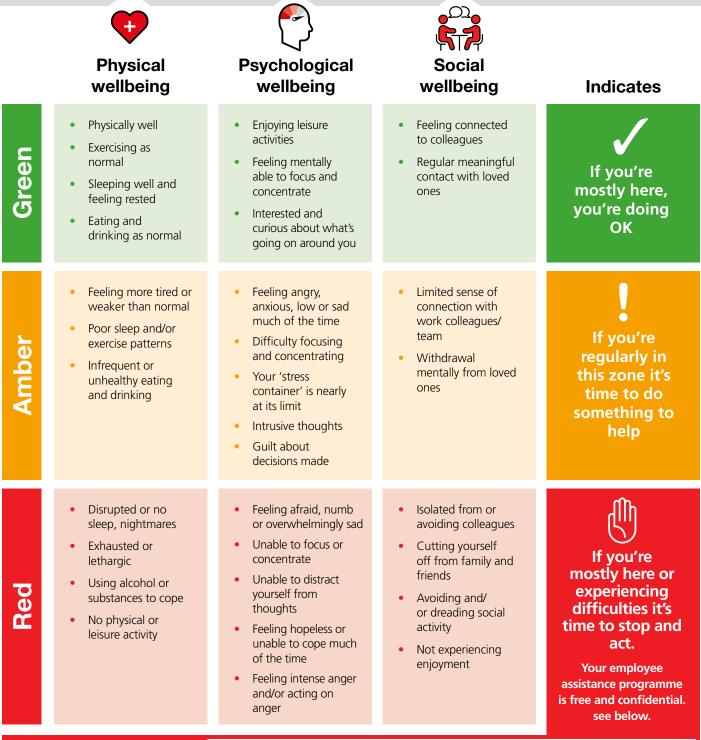


Wellbeing Checker 🗸

Wellbeing can be a complex and difficult thing to understand so why not use our Wellbeing checker to help get to grips with it. Take a look through and see where you sit and, if you feel you're in a few amber or red boxes, maybe it's time to consider changing a few things or contacting your **'employee assistance programme'**.



CONTACT YOUR EMPLOYEE ASSISTANCE PROGRAMME: