

Together we can beat stress

National Men's
Health Week

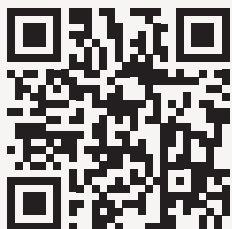
13 – 19 June
2016



Stress can arise from many life events

- If you are feeling stressed or worried, share your concerns with someone you trust
- Feelings of failure or of being a burden to your family can cause stress
- 37% of men are feeling worried or low
- Your Validium service could be a good starting point – we are there for you 24/7 to listen and support

Remember you can call Validium for support on a variety of issues -
or go online at validium.com to check out vClub



0800 3 58 48 58

Outside UK: +44 141 271 7179

For online support join vClub at validium.com

Username: **NetworkRail**

Password: **onlinesupport**



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