

Mental Health Awareness Week: 14th - 20th May 2018

Use these 10 tips
to improve your
mental health!

Talk about your feelings

Do something
you're good at

Take a break

Eat well

Ask for
help

Keep active

Keep in touch

Accept who you
are

Care for others

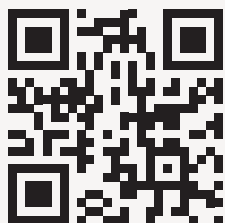
Drink sensibly

STRESS

ARE WE COPING?

MENTAL HEALTH AWARENESS WEEK
14-20 MAY 2018

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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