

Protecting our mental health

News story

Our lives have all changed dramatically over the last 2 months. In times like this, it's natural to feel more anxious or stressed.



World Mental Health Awareness Week

So, this year's World Mental Health Awareness Week is even more important than ever.

We will once again be sharing lots of resources this week to help you look after your mental health or to give you support if you are struggling.

We will also be sharing some of our employees' thoughts and top tips for their mental health during these strange times.

The theme for this year's event is kindness. We'll be sharing some of our employees' thoughts on this, as well as continuing to share some of the extraordinary examples of kindness our employees have been demonstrating through their volunteering.

Sellafield Ltd's Chief Nuclear Officer and mental health sponsor, Euan Hutton said:

We are once again supporting Mental Health Awareness Week. It is a great opportunity to remind everyone of the need to look after their mental health. This has always been important and has always been a message I've shared, but it's even more critical now.

No matter how resilient any of us is, the huge changes we've seen to our lives, are bound to have an impact on our health – both mental and physical.

As always, one of the best mental health tips is to speak to someone about your mental health, especially if you are not feeling

as you normally do.

In fact, I would urge everyone to take the time this week to have a conversation with someone about their mental health. Why not give a team mate or friend a call for a chat? Especially if you've not been in touch as much as normal.

[Euan Hutton](#)

Resources and more information

We've shared some welfare and wellbeing resources on our Coronavirus guidance for employees area on the [website](#).

Mental Health Awareness Week is organised by the Mental Health Foundation. You can find lots of useful information on their [website](#).

The Green Ribbon campaign promotes mental health awareness. They encourage people to share a green ribbon. Ordinarily, we'd wear these badges, but this year, they are promoting [virtual green ribbons](#).

On social media, search the hashtag #mhaw or #mhaw2020 to find other resources.

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