

WORKPLACE STRESS ARE YOU...



...too busy?
...bored?



...in need of
new skills to
do your job?



...unable to
control how
you work?



...lacking the
support you need?



...having problems
outside work?



...needing to talk
to someone about
problems?



ASK FOR HELP. TALK TO SOMEONE.



[hse.gov.uk/stress](https://www.hse.gov.uk/stress)

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