

"It's ok to say you're not ok"



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1 in 4 of us experience mental health problems every year. Talking to someone can help.

Call 0800 358 4858 or chat online

Network Rail dedicated portal: www.validum.com/vclub
Username: NetworkRail Password: onlinesupport

To find out more, visit the Network Rail Mental Wellbeing Hub
<https://ohr.job.networkrail.co.uk/Pages/Mental-Wellbeing.aspx>

Take part in the conversation on the Talking Mental Health Yammer page

Putting a spotlight on mental wellbeing



Women in Rail West Midlands Region are holding an event in conjunction with Network Rail on building personal resilience and promoting positive mental wellbeing.

A healthy working environment is one that nurtures resilience by empowering and inspiring individuals to discover and maximise their own levels of resilience.

Women in Rail are pleased to be able to hold this interactive session to help employees see that there are options in how to deal with issues that test us and provide some suggestions to help improve our resilience.

4.30-5pm Welcome drinks and Registration

5-7pm Interactive session with speakers and a resilience workshop run by Mo Harford, Managing Director of Momentum Training & Development

Thursday 21st November

Network Rail offices,
Baskerville House,
Centenary Square,
Birmingham, B1 2ND

If you could kindly RSVP to enquiries@WIRWM.co.uk with names of attendees prior to the event

