



# WE ARE ONLY HUMAN.

**It's ok not to be ok.**

Just because you spend most of the day looking after others it doesn't mean you are super-human. We need to look after each other and speak up if we're not ok. We are only human after all and need taking care of too.



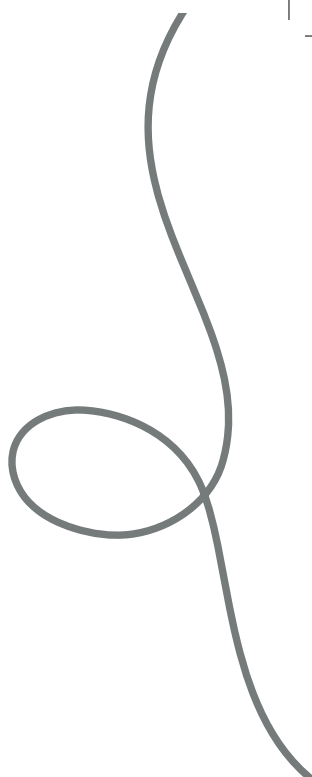
For helpful support and resources  
visit **staffcheck-in.co.uk**



**CHECK-IN.**

Looking after each other to prevent staff suicide

Know the signs. Are you...

- ☐ **FEELING ALONE?**
  - ☐ **BURNT OUT & EXHAUSTED?**
  - ☐ **IN A 'FOG' ALL THE TIME?**
  - ☐ **CAN'T CONCENTRATE?**
  - ☐ **EMOTIONAL & TEARFUL?**
  - ☐ **RESTLESS & AGITATED?**
  - ☐ **DON'T WANT TO TALK?**
  - ☐ **OR DO ANYTHING?**
  - ☐ **QUESTIONING THE MEANING OF LIFE?**
  - ☐ **FINDING IT HARD TO COPE?**
  - ☐ **FEELING LIKE A BURDEN?**
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These are unprecedented and stressful times. If you have ticked more than four of these boxes, you should check-in with a colleague or your line manager. Your mental health matters too and you need to look out for yourself. If you don't want to talk you can find some useful resources here.

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