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Useful links to information on Mental Health.

Mental health strategy:

<https://cwue5.org/2017/09/18/royal-mail-group-5-year-mental-health-strategy-healthy-minds-matter/>

<https://cwue5.org/2017/09/18/royal-mail-group-5-year-mental-health-strategy-healthy-minds-matter/>

<https://www.time-to-change.org.uk/get-involved/get-your-workplace-involved/employer-pledge/develop-your-action-plan>

General

<https://www.mentalhealth.org.uk/publications/mental-health-tips>

<https://www.healthyworkinglives.scot/workplace-guidance/mental-health/Pages/mental-health.aspx>

breathing space <https://breathingspace.scot/>