

National Sickie Day

Stress and mental health
sickness: stop the stigma

Here are **5**
resources to
help support
your people



1

**Wellbeing
supports to
aid stress**

[Read more](#)



3

**Spotting the
signs of stress**

[Read now](#)



4

**Take control of
workplace stress**

[Find out more](#)



2

**Stress help in the
HR profession**

[Discover more](#)



5

**Supporting
people with
external stress**

[Read now](#)

