

time to talk day

03/02/22



Rethink
Mental
Illness.

In partnership with
Co-op

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However you do it, start
a conversation about
mental health

TALK
listen
change lives.

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Ed Rowlands, General Manager

"If we start by openly and honestly talking about our challenges and daily struggles, we can help each other with ways to cope, people to talk to and where to get support. A problem shared is a problem halved."



Ruth Henstock, Director of Comms & Engagement

"It's important to take time to talk to my team and colleagues, not just about work but about how they're feeling too. I know from personal experience, when I lost two babies during pregnancy and felt at an all time low, talking and sharing what I had been through is what helped me on my road to recovery. #Itsoknottobeok



Jo Elsdon, Head of Food

"I've learnt over the past few years that no-one is untouchable when it comes to mental health, and to remember it affects us all in different ways. The first step is recognising your own signs that you may be struggling and then finding the tools and support to help you manage it through."



Julie Routledge, Head of Occupational Health

"Following the pandemic, we need to help people to adjust, ask if they are ok, ask yourself if you are ok and if not, know there's help and support available through a whole host of resources including our wellbeing centre, our charity partner GroceryAid, confidential helpline Talk2Us, via Mind and much much more..."

"I want to make it more acceptable for those experiencing mental ill health to seek help. Mental health is often difficult to talk about and by opening up about personal struggles, we can help others feel less alone."



"It's ok not to be ok - it is not a sign of weakness and we all need to lean on someone at some point. Make today the day to reach out."



"I want to help stop the stigma and create an environment where colleagues feel supported, no matter what they are dealing with. Nobody has to do it alone."



"I've experienced on many occasions the power of being supported by a great boss when you're going through a tough time, when you can't see the wood from the trees, and what a difference this makes to your own belief and self value. I hope that, as a result, I also do the same in my direct and wider team."

