



GMB LONDON REGION

www.gmb-asda.com/support

GMB YOUR VOICE IN ASDA

February 2021

Mental Health Awareness

Colleagues,

It has been a difficult, unprecedented 12 months. GMB ASDA London Region are proud of everything that our members have done in this last year to look after not just the public, but each other, and how we have all kept this country running in its time of need.

The impact that this pandemic has had on the mental health of all colleagues should not be overlooked, nor underestimated. Both the colleagues who have worked in the shops throughout this pandemic, and those who have been stuck at home shielding for a large part of the last year, will both have had their mental wellbeing tested and strained.

Mental health is often invisible, and many times people will not be able to see the struggle that others are going through, or when they need help. To make things even more difficult, there is still a stigma attached to openly talking about your own mental health for fear of judgement, but it cannot be stressed enough how important the first step is, and that is to reach out for help. Even if you do not think you need to speak to a professional, just speaking to a friend, or someone you can confide in, can make all the difference in the world.

In ASDA, there is the Colleague Assistance Program, where you and your family can get instant and unlimited access to free, confidential advice from a qualified counsellor 24/7 by calling 0800 3169337

As a union, the GMB takes mental health seriously, and though not mental health experts there is always someone to talk to. GMB also offer assistance in making contact with a wide range of mental health charities and organisations, and these can be found at www.gmb.org.uk/mental-health-support. This includes organisations such as Mind, CALM, Hospice UK, Anxiety UK, OCD Action, Panic Attacks, Domestic Violence Helpline, and many others.



If you would like more information, have concerns or would like support with this or other matter, please speak to your GMB Steward, visit our GMB Member's Support Centre at www.gmb-asda.com/support or phone GMB Norwich upon 01603 626492

Kind regards,

GMB ASDA London Region

For assistance visit the GMB Members Support Centre
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