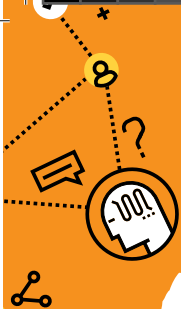




Understand what mental health is  
and how we can challenge the stigma.



What can we do  
about stigma?

How can you  
support someone?

What is  
mental health?





# Free Mental Health Awareness Training



We believe in the importance of looking after the health and wellbeing of all our industry members and their families. We are working towards creating a positive culture around mental health.



## Access Assistance



0800 652 1618



[support@electricalcharity.org](mailto:support@electricalcharity.org)