



Whether you're working from home or back in the workplace, we want our colleagues to be able to open up and speak about anything. It could be work related or even to chat about what you got up to at the weekend!

These conversations build our relationships, break down those barriers and create an environment where we feel supported by each other.

LET'S TALK...

WHEN WAS THE LAST TIME YOU SAT DOWN AND HAD A PROPER CHAT, AWAY FROM WORK?

Let's Talk comprises of:

- **See Care Share** for safety
- **InclusivITEA** for diversity and inclusion
- **Healthier Mind** for our mental health and wellbeing

WHAT'S IT ALL ABOUT?



SEE CARE SHARE

If you see something that isn't safe get involved and speak to someone, reporting hazards, near misses and defects will help to keep us all safe.



INCLUSIVITEA

InclusivITEA is to give our employees an open space to talk about diversity and inclusion in the workplace.

HEALTHIER MIND

HEALTHIER MIND

Talking about your feelings can help us deal with difficult situations. By sharing how we feel, it might encourage someone else to open up and do the same.

So, get away from your desk, grab a cuppa and LET'S TALK.

There's always someone to talk to, whether that be in person or via text, phone or email whatever way you feel most comfortable.

If you're in need of a conversation but don't know where to start, our Mental Health First Aiders are on hand to help. Just visit the HSE Website and click on the new mental health section to find a list of profiles.



If you have any other questions please contact Harjeet Moore, Head of People by scanning the QR code or emailing harjeet.moore@compass-group.co.uk