

BREW MONDAY

YouMatter



Brew Monday has been developed by The Samaritans to combat isolation, which when left unchecked can potentially increase persistent low mood or depression. **Feeling low can happen any day but Brew Monday is the designated day to recognise this occurrence.**

Returning to work following the Christmas break in December can prove to be challenging for some and prompt a bout of the **January blues** – with darker nights and colder wintry weather. Feeling alone with your problems can **impact your mental health.**

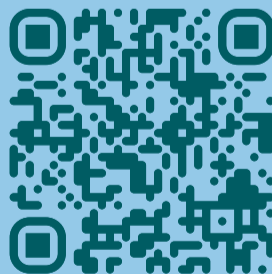
Brew Monday is a lovely way to **check in with the people** you care about – and share a biscuit or two. This year we're inviting you to reach out and have **a cuppa and catch up with someone virtually or in person.**

If you're sharing a **cuppa and listening**, you're doing it right!

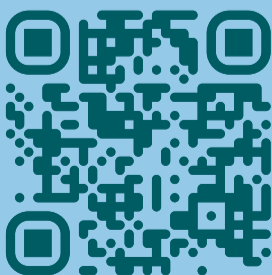
What's Involved

- Connect with someone
- Make a cuppa
- Listen

Once someone starts to share how they're feeling, it's important to listen. This could mean not offering advice and not trying to solve their problems, just listen.



Remember there is support for McLaughlin & Harvey employees via **Help@Hand**, please reach out to HR if you require assistance with accessing the portal.



Scan the QR code for more information or advice at **youmatter.co**
Confidential help line
0800 917 0699