wellbeing – Emotional problems

# hwwb-wideBackground

It’s often easier to ask for help for a physical ailment than it is for an emotional one. Emotional problems can be just as painful as a bad back or a twisted ankle. The stress that emotional problems can cause often has a damaging effect on your body and can eventually lead to physical ill health.

## Relevance to this site / location

Explain the reasons why this TBT is being given. Is it due to a recent event that has occurred locally or somewhere else within Carillion / industry; or has the subject matter been specifically identified as being directly or potentially relevant to the site / location? If so explain that relevance.

# Toolbox Talk

## Don’t keep it to yourself If you're finding it hard to manage emotionally, try not to suppress your feelings. Talking about your worries can be a tremendous relief. It's important to talk to friends and family. They may not realise how you're feeling or may need you to ask them before they will offer you help. It's also useful to talk to other members of staff. These are people who know what you're going through and understand how hard it can be in the position you are undertaking. Often people have feelings of resentment, loneliness and fear, along with anger and depression.

## Where to get help

* Talk to your friends and family. Let them know how you're managing, what problems you're facing and ask them for their support and help.
* Get in touch with your line manager to let them know. If you do not feel you can talk to your line manager talk to your Human Resources representative.
* Besides the above “open door policy” we also operate an Employee Assistance Programme (EAP) on 0800 282193. The EAP service is free service for all Carillion employees and their families and offers a source of information and personal support on a wide range of issues; both work and non-work related such as childcare arrangements, managing debt, DSS benefits and other general citizen’s advice issues. In addition to the information services, callers can speak to a trained counsellor over the phone at any time of the day or night, about any issue of concern to them, whether work or non-work related.
* Talk to your Doctor, they may be able to refer you to a counseling service or give you information about local support groups.
* If you feel there is no one to turn to locally and need someone to talk to, call the Samaritans. The helpline, 08457 909090, is open day and night.

# Questions to Ask

**Note:** Where appropriate the questions should be put forward in a way that makes them relevant to the circumstances of the site / location.

**Q - How do think you could recognise a person with emotional issues and what could you do to help?**

*Local discussion required*

**Q - Have you got any questions on the topic?**

**Q - What are you going to do differently as a result of this Toolbox Talk?**

If you believe you need more training then please discuss this with your line manager / supervisor.

# Supporting Information

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| [Wellbeing - Lifestyle Choices TBT](file:///C:\stellent\groups\public\intranet\business\IMS115_Carillion_IMS\IMS_Tools_Tool_Box_Talks\hssq_tbt_137_core_wellbeing_lifestyle.docx) ([extranet](htps://extranet.carillionplc.com/stellent/groups/public/intranet/business/IMS115_Carillion_IMS/IMS_Tools_Tool_Box_Talks/hssq_tbt_137_core_wellbeing_lifestyle.docx)) | [Wellbeing - Exercise TBT](file:///C:\stellent\groups\public\intranet\business\IMS115_Carillion_IMS\IMS_Tools_Tool_Box_Talks\hssq_tbt_140_core_wellbeing_excerise.docx) ([extranet](htps://extranet.carillionplc.com/stellent/groups/public/intranet/business/IMS115_Carillion_IMS/IMS_Tools_Tool_Box_Talks/hssq_tbt_140_core_wellbeing_excerise.docx)) |
| [Wellbeing - Looking After your back TBT](file:///C:\stellent\groups\public\intranet\business\IMS115_Carillion_IMS\IMS_Tools_Tool_Box_Talks\hssq_tbt_138_core_wellbeing_back.docx) ([extranet](htps://extranet.carillionplc.com/stellent/groups/public/intranet/business/IMS115_Carillion_IMS/IMS_Tools_Tool_Box_Talks/hssq_tbt_138_core_wellbeing_back.docx)) | [Wellbeing - Dealing with Stress TBT](file:///C:\stellent\groups\public\intranet\business\IMS115_Carillion_IMS\IMS_Tools_Tool_Box_Talks\hssq_tbt_142_core_wellbeing_stress.docx) ([extranet](htps://extranet.carillionplc.com/stellent/groups/public/intranet/business/IMS115_Carillion_IMS/IMS_Tools_Tool_Box_Talks/hssq_tbt_142_core_wellbeing_stress.docx)) |
| [Wellbeing - Fitness for Work](file:///C:\stellent\groups\public\intranet\business\IMS115_Carillion_IMS\IMS_Tools_Tool_Box_Talks\hssq_tbt_146_core_wellbeing_fitness.docx) ([extranet](htps://extranet.carillionplc.com/stellent/groups/public/intranet/business/IMS115_Carillion_IMS/IMS_Tools_Tool_Box_Talks/hssq_tbt_146_core_wellbeing_fitness.docx)) | [Wellbeing - Depression TBT](file:///C:\stellent\groups\public\intranet\business\IMS115_Carillion_IMS\IMS_Tools_Tool_Box_Talks\hssq_tbt_143_core_wellbeing_depression.docx) ([extranet](htps://extranet.carillionplc.com/stellent/groups/public/intranet/business/IMS115_Carillion_IMS/IMS_Tools_Tool_Box_Talks/hssq_tbt_143_core_wellbeing_depression.docx)) |
| [Wellbeing - Sleeping Well TBT](file:///C:\stellent\groups\public\intranet\business\IMS115_Carillion_IMS\IMS_Tools_Tool_Box_Talks\hssq_tbt_139_core_wellbeing_sleeping_well.docx) ([extranet](htps://extranet.carillionplc.com/stellent/groups/public/intranet/business/IMS115_Carillion_IMS/IMS_Tools_Tool_Box_Talks/hssq_tbt_139_core_wellbeing_sleeping_well.docx)) | [Wellbeing - Looking after your eyes](file:///C:\stellent\groups\public\intranet\business\IMS115_Carillion_IMS\IMS_Tools_Tool_Box_Talks\hssq_tbt_135_core_wellbeing_eye.docx) ([extranet](htps://extranet.carillionplc.com/stellent/groups/public/intranet/business/IMS115_Carillion_IMS/IMS_Tools_Tool_Box_Talks/hssq_tbt_135_core_wellbeing_eye.docx)) |
| [Wellbeing - Complimentary Therapies](file:///C:\stellent\groups\public\intranet\business\IMS115_Carillion_IMS\IMS_Tools_Tool_Box_Talks\hssq_tbt_147_core_wellbeing_therapies.docx) ([extranet](htps://extranet.carillionplc.com/stellent/groups/public/intranet/business/IMS115_Carillion_IMS/IMS_Tools_Tool_Box_Talks/hssq_tbt_147_core_wellbeing_therapies.docx)) | [Wellbeing - Looking after your respiratory system](file:///C:\stellent\groups\public\intranet\business\IMS115_Carillion_IMS\IMS_Tools_Tool_Box_Talks\hssq_tbt_145_core_wellbeing_breathing.docx) ([extranet](htps://extranet.carillionplc.com/stellent/groups/public/intranet/business/IMS115_Carillion_IMS/IMS_Tools_Tool_Box_Talks/hssq_tbt_145_core_wellbeing_breathing.docx)) |
| [Wellbeing Eating Well](file:///C:\stellent\groups\public\intranet\business\IMS115_Carillion_IMS\IMS_Tools_Tool_Box_Talks\hssq_tbt_144_core_wellbeing_eating_well.docx) ([extranet](htps://extranet.carillionplc.com/stellent/groups/public/intranet/business/IMS115_Carillion_IMS/IMS_Tools_Tool_Box_Talks/hssq_tbt_144_core_wellbeing_eating_well.docx)) |  |

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| Contract: |  | Reference: |  |
| Location: |  | Date: |  |
| Length of Toolbox Talk: |  | Toolbox Talk Presenter: |  |
| Reason for Talk: |  | | |

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| Print Forename | Print Surname | Position | Payroll No. | Company | Signature |
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| Matters Raised by Attendees: | | | |
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| Action Taken as a Result of Matters Raised: | | | |
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| Date action closed out: |  | Signature: |  |
| Toolbox Talk Presenter’s Comments: | | | |
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| Signature: |  | Date: |  |