

## Looking after your mental health

## To help you maintain and improve your mental health take a look at our video.

We're delighted to have worked together with Carl Laidler, Director of Wellbeing at OcchealthNow Ltd to bring you this mental health webinar.

Click <u>here</u> to watch the video Listening to this webinar will help you identify the causes and symptoms of stress as well ideas and tips to help you cope with and manage your own stress levels.

For more information about the products and services available from Police Mutual:

## Call us 0151 242 7640 Visit policemutual.co.uk

We're open from 9am - 5pm Mon - Fri

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