**11.2 Stress – Where to go for help**

Talk to your line manager, or if the source of pressure is your line manager, talk to your trade union representative or employee representative or HR.

Consider completing ‘HSE Indicator Tool’

Identify course of action to address stressors, with manager

Use additional sources of support, e.g. Occupational Health, Professional Body etc.

**NON - WORK RELATED ISSUES**

**WORK RELATED ISSUES**

Consider consulting your GP, Occupational Health or your line manager

Get good information about stress and sources of support – see attached leaflet

Take care of yourself and use your support network