

The image shows the left sidebar of a Gmail interface. At the top, there is a hamburger menu icon, the Gmail logo, and the word 'Gmail'. Below this, there are several navigation options: 'Mail' with a '99+' notification badge, 'Compose' with a pencil icon, 'Inbox' with a folder icon and '942' messages, 'Starred' with a star icon, 'Snoozed' with a clock icon, 'Sent' with a play button icon, 'Drafts' with a document icon and '25' drafts, and 'More' with a downward arrow. At the bottom of the sidebar, there is a 'Labels' section with a plus sign, listing 'Awards', 'Completed', and 'Watercooler' with '4' items.

Links shared:

Watercooler Event – Free to Attend – from Make a Difference Events
<https://www.watercoolerevent.com/>

AXA Health’s 2023 Mind Health Index – Here’s a link for more info and to download the report:

<https://www.axa.com/en/about-us/mind-health-report>

Check out the Time to Act Report here: <https://citymha.org.uk/docs/CMHA-Time-To-Act-Report.pdf>

Ocado Group: <https://www.manualof.me/>

<https://hbr.org/2015/11/how-company-culture-shapes-employee-motivation>


<https://hbr.org/2022/11/how-to-respond-when-an-employee-shares-a-mental-health-challenge>

An article from Make a Difference Media on “Should psychological safety be a mandatory KPI for managers”

<https://makeadifference.media/mental/mandatory-kpis-for-psychological-safety/> .

Here is the toolkit Dame Carol mentioned from East Anglia and Rand Europe

<https://evolveworkplacewellbeing.org/>



The image shows the top part of a mobile interface. At the top right, there is a search bar with the Google logo and a profile icon with the letter 'H'. Below the search bar, there is a page indicator '16 of 2,638' and navigation arrows. At the bottom right, there is a circular back arrow icon.

What is troubling your younger colleagues?

Hardest Hit since 2000s - Last In / First Out, Greatest Generational Wealth Gap etc.

Being in debt and not sure how to deal with it