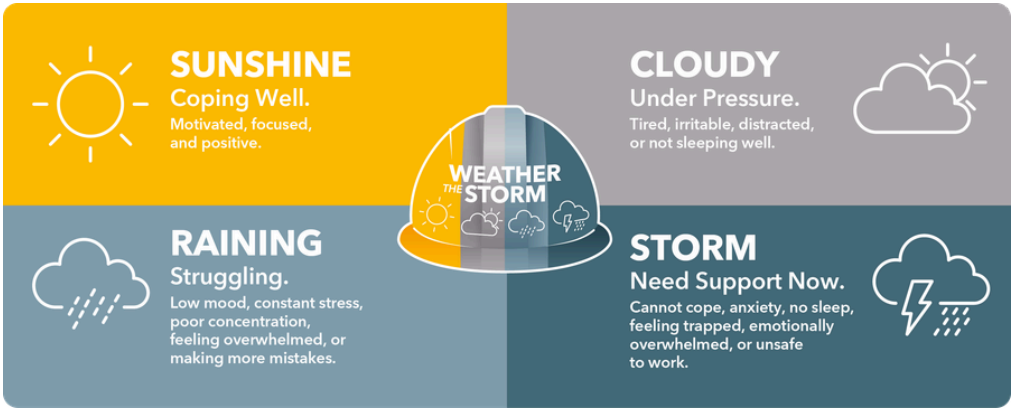
Weather the Storm

Campaign to Promote Better Wellbeing

Mental health and wellbeing isn't just about taking care of ourselves, it's about looking out for those around us and knowing how to spot the signs when someone is in need.

HOW'S YOUR FORECAST?



Why this matters

On a roof, tiredness, distraction, stress or feeling overwhelmed can affect judgement, communication, balance, concentration and decision-making. That matters because one lapse can have serious (and sometimes fatal) consequences.

'Weather the Storm' is a practical way to check-in with ourselves and those around us. Just like the weather, mental wellbeing can change quickly.

The ***'Weather the Storm'*** campaign is a reminder of the importance of our wellbeing forecast and understanding when and how to take action to prevent accidents and mistakes.

Pledge now!

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nfrc.co.uk/weather-the-storm

Weather the Storm

Campaign to Promote Better Wellbeing

Any organisation can pledge support for the campaign. Pledging support means that the organisation/individual has read and understood the guidance, and is committed to promoting and implementing the campaign throughout their organisation.

TAKE ACTION

NFRC is calling the whole supply chain to collaborate, adopt change, and build new habits. Scan the QR code below to pledge your support. You'll receive your campaign pack containing a certificate, a campaign poster, flyer, and social media graphic.



WHY PLEDGE

By pledging your support, you demonstrate your commitment to:

- Making wellbeing part of everyday roofing culture, whether you work for yourself, work with others or employ a team.
- Taking time to check in with yourself and colleagues.
- Recognising when you or a colleague is struggling, and knowing when to ask for help.
- Knowing where to go for help when it's needed, with support clearly signposted, visible and easy to access.
- Encouraging an environment where speaking up about wellbeing is seen as a strength, not a weakness.
- Making wellbeing part and parcel of health and safety, not something that's only talked about when there's a problem.



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