



CEMEX UK NEWS



Welcome to UK News 16th May 2024
your weekly update from around Cemex UK

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HEALTH & SAFETY

Latest Video Safety Alert

The latest Video Safety Alert has kindly been shared by our colleagues in Croatia, and relates to the collapse of a concrete plant mixer discharge cone, thankfully no injuries resulted from this high potential (HiPo) incident.



You can watch the video [HERE](#) or scan the QR code.

The Alert includes learning points applicable across our operations:

- It seems there was an issue with the concrete passing through the cone. Do we ensure all problems with processing plant are reported via the Near Miss / Hazard Alert system or defect reporting system so that they can be investigated and fixed, rather than relying on workarounds?
- The Plant Operator forgot to secure the cone structure at the end of the previous shift after lowering it for cleaning, leaving it supported from a winch rather than fixed in place with the securing bolts. Are safe systems of work for cleaning and maintenance clear, concise and well understood? Do they include check points to ensure safety critical steps are not missed out?

Please discuss the Alert with teams as applicable, taking the opportunity to consider whether there are any comparable situations in our operations where we can take action to minimise the potential for future incidents and injuries.

LOOK AFTER YOURSELF AND EACH OTHER. Health and Safety information and resources can be found at the following location <https://cemex.sharepoint.com/sites/ukhealthandsafety/sitepages/safety-alerts.aspx?web=1>



SAFETY ALERTS

Celebrating Zero LTI Milestones



We are delighted to share some fantastic Zero LTI milestones this month. Congratulations to UK Midlands Materials reached 2 years LTI free, significantly this means all UK Readymix has reached the same 2 year LTI free milestone, in addition to all UK Materials reaching 1 year LTI free recently!

Well done to all teams involved, thank you for your commitment and focus on Health & Safety as our number one priority.

LTI and TRI milestones demonstrate that ZERO is possible, especially in challenging environments and working processes. With the right level of focus and attention to health & safety, our Zero4Life objective can be met and sustained.

Health & Safety Achievements at Cemex Global Awards

A Message from Lex Russell, Chair of the UK Health & Safety Committee

On behalf of the UK Health & Safety Committee I would like to congratulate all our Cemex UK winners and runners-up at the Cemex Global Awards, for their well-deserved achievements in the Health and Safety categories. Recognition such as this relies on teamwork, and I thank everyone for your continued commitment to following our Health & Safety procedures and behaviours.



I am very proud to see how many UK businesses and initiatives were recognised, as this is testament to the commitment we invest in looking after the wellbeing and safety of ourselves and our colleagues. **Thank you for all your efforts and well done!**

Here are our UK recognitions:

Zero4Life Contribution Award:

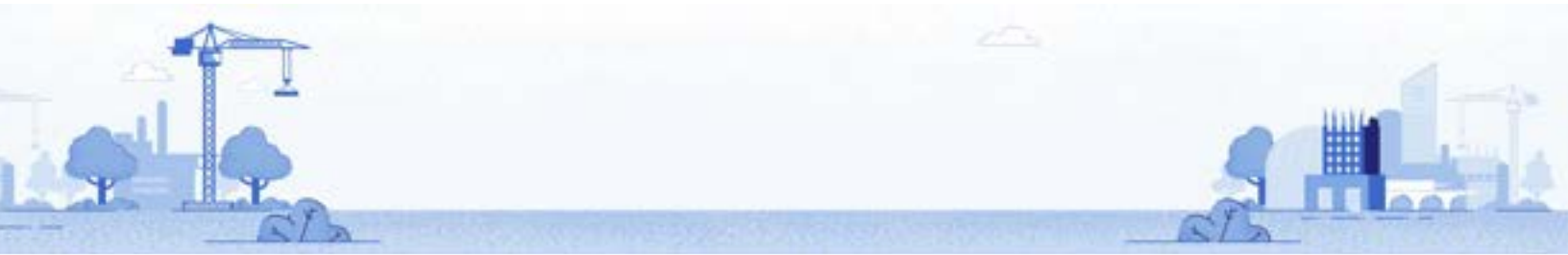
UK Asphalt
UK Readymix
Europe Admixtures

Fit4Life Contribution Award:

Wellbeing Strategy Group

Sector Awards:

Best Performance Cement Grinding	Tilbury (2 nd)
Best Performance Aggregates	Marine (1 st)
Best Performance Urbanisation Solutions	Asphalt UK (3 rd)
Best Performance Road Transport	Logistics Supply Chain UK (2 nd)



Please continue to keep Health & Safety your number one priority at all times and please keep sharing your ideas and recommendations for Health & Safety improvements. By implementing your ideas, we can all feel safer at work and return home safely to our families.

Thank you for your ongoing support.

“Considerate Driving at all Times”



It is always great to receive positive feedback when we seek it from our customers during customer surveys, however, to receive unsolicited praise from a member of the public is even better!

Recently Paul Denton, a Councillor from the Peak Forest Parish Council, sent Andy Taylor, UK Health & Safety Director, an email to pass on to the Cemex drivers who use the A623 (a long winding road across the Peak District near our Dove Holes quarry). Paul wrote:

“A massive thank you from all the residents of Peak Forest for your considerate driving at all times of the day and night as you pass through the village. We really do appreciate your professionalism. I have seen on numerous occasions other HGVS trying to get your drivers to speed up, by closing up to them quickly, but they have stuck to the speed limit, highly commendable. I do hope you can pass this message on.”

In sharing this message with the team Andy Taylor said: “Your team deserve a lot of credit for this, in particular the local management and all the drivers... really well done, makes me proud of what the team achieve on a daily basis.”

Well done to all the drivers who regularly use this road – you are all a credit to Cemex.

5S Examples



Over the past few weeks we have been sharing some great examples of 5S improvements across some of our Cemex UK sites.

5S projects are a fantastic opportunity for sharing and learning across all sites in the UK.

This week are sharing some excellent 5S improvements made at some of our Dry Mortar Plants. Thanks to the teams for sharing these with us and well done for undertaking the following improvements.

Refurbishment Centre Dove Holes:

Sort – When carrying out concrete spraying trials we have panels hanging upside down (3 metres high) and at 45 degrees angles, and once these boxes are sprayed they can weigh over 300 kgs. To ensure that this work



is carried out safely we have developed a procedure to construct a scaffolding frame to tidy the site and carry out this work in a safe orderly manner.

Set in Order – We have trialled many ways to lower the panels safely, which we have been successful, however, we always thought there could be a better way.

Shine – The DSM team came up with a modification of a lifting eye and spreader bar embedded within the hardened concrete in the box. We are able to locate a tested strap to a crane on the silo delivery vehicle and safe in controlled fashion, lower the panels to the ground.

Standardise – The DSM team carried out a Risk Assessment and produced a SSOW to safely lower these panels for future trials and ensured everyone involved is trained.

Sustain – Continually review and ensure any new staff are trained before allowing them to carry out this task.

Braintree Welfare Facilities: - See photos

Sort – We had outdated welfare facilities which no longer met the need of additional shifts, staff and drivers. There was also no provision for female staff/visitors to get changed, showered or have some general privacy.

Set in Order – With more and more female employees within the industry it is required to segregate each other and make people feel more comfortable at work. We also have increased our staffing numbers which meant we needed larger welfare facilities.

Shine – Along with a new purpose built changing/shower facility, we open planned the old facility and renewed the kitchen and flooring to create a comfortable environment which also doubles up to a meeting/training room, particularly good for stand down or safety alert reviews.

Standardise – We are looking to replicate this design at our other outlets including our new proposed plant at Swindon.

Sustain – Cemex Dry Mortar is looking to further expand into bagging operations and additional silo refurbishment locations. We hope to implement these types of facilities across the business to create a better working environment.



CUSTOMER CENTRICITY

An Unusual Delivery!



No two days are the same for our Readymix truck drivers!

Cemex UK recently supplied Readymix concrete from our Builth Wells plant to our customer, Newton Civil Engineering, at Abergwasgn Farm in Llanwrlyd Wells. The customer was installing a new telephone mast on the top of a big hill which had no road access for the Readymix truck.

To overcome the challenge, which was complete during two days, the customer decided to fly the concrete in a container to the top of the hill using a helicopter! The alternative was to build a temporary three mile road so hiring a helicopter at £500 per hour worked out more cost effective!



Internal Customer Survey



The INTERNAL CUSTOMER SURVEY for H1 2024 launched this week on Tuesday 14th May.

Cemex is committed to delivering a superior service in all our business activities. To achieve our objectives, we need to understand not only our external customers, but also the way our internal customers perceive Cemex intercompany processes and services regarding raw materials, such as ordering, scheduling, unloading, technical support and others.

Your voice makes a difference! Cemex recognises that listening to your feedback is the most valuable thing we can do to improve our Internal Customer service.

Based on your previous opinions we have already implemented tracking of internal Cement and Aggregate deliveries. All Readymix Plant Managers can now track their incoming Cement and Aggregate deliveries via Cemex Go – this fantastic improvement was all due to your valuable feedback. This not only improves our internal customer experience, but in turn, helps provide a superior customer experience to our external customers too. The next phase will be to roll out internal tracking to other business lines.

Some of you will have this week received an email coming from customer@experience.cemex.com, with a link to our Internal Customer Survey. The survey should only take a few minutes to complete. Your first-hand experience and feedback will help us identify best practices. The survey will be open until 31st May.

Thank you in advance for your time and opinions and more importantly, for your involvement. We appreciate your participation in helping Cemex continuously improve our service and make our company a better place for all.

Strong Collaboration Drives Results



Well done to the excellent collaboration between the Supply Chain, Readymix and Cement Commercial teams which resulted in the year's strongest month in March with almost 1,000 deliveries made out-of-hours from our Cement Plant.

Dave Hart shared: "Special thanks to Paul Cooke, Gemma Crawford and Carl Milton for their drive and leadership in this area."



Cemex Launches Call for Building Awards 2024



What do you need to know about Cemex Building Award

The Cemex Building Award is a competition with a great tradition, organised for more than 30 years. Every year the jury awards the best building projects from around the world and the professionals who implement them. It is an initiative that promotes development, creativity and innovation in our industry, encouraging the ideas and solutions between the different construction cultures of the world.

Winners are selected in the following categories: Collective use buildings; Public spaces; Single-unit housing; Multi unit-housing; and Infrastructure. This year, we have introduced two new categories: “Concrete Creativity” and the “Sustainable Future” Special Award. The former is open to everyone, from professionals to students, while the latter aims to highlight a special project that aligns with the 17 UN Sustainable Development Goals.

This year our goal is to submit four projects from each country, to ensure that our most impactful and innovative efforts receive the recognition they deserve.

Detailed information on how to submit projects and the competition timetable can be found [here](#)

You can submit the projects from your countries until 24th May 2024.



FUTURE IN ACTION

Latest Earthly Matters Blog

The May 2024 edition of Earthly Matters, the blog dedicated to the partnership between Cemex and the RSPB, is now available to read online [HERE](#) or scan the QR code.

In this month's edition:



- Do you know a frog from a toad?
- No Mow May
- Get closer to nature this summer

Accessible below to all, even those without a Cemex email address so please do share with your teams.

NEW! Future In Action Summary for UK



The Sustainability team have produced an updated Future in Action Summary to reflect our 2023 performance.

The first page is a summary of our current global 2050 ambition, along with our 2030 targets and our alignment and validation with various organisations. In addition, the second and third pages detail some of the highlights around the six Future In Action pillars.

You can find the UK version at the end of this document and on the UK News download page [here](#).

NEW Sustainable Construction Academy



Cemex UK is launching its Sustainable Construction Academy via its Cemex University learning and development platform helping to develop future talent across the industry. The aim of this new learning programme is to increase knowledge and understanding across the building and construction sectors of how lower carbon materials and products can support the sustainability requirements of a wide range of building and construction projects.

The learning programme is aimed at architects, specifiers, engineers, design consultants, project managers and others from across the industry who wish to learn more about how lower carbon building materials can provide significant sustainability benefits for construction projects when incorporated into the design phase at the very outset.

Its free to register via <https://cemexuniversity.com/Course/SustainableConstructionAcademy> and, as well as gaining a valuable insight into the sustainability benefits that can be achieved through the use of more sustainable materials and products, participants will also receive a digital certificate upon completion.

Mike Higgins, National Technical Manager at Cemex, explains that: “The Sustainable Construction Academy is an exciting new learning and development platform that will provide the wider industry with a better understanding of how innovative and more sustainable concrete solutions can help enhance project value and support environmental certification goals.”

You can read the full press release [HERE](#).





PROFITABILITY

Flagship Portal – Major Updates



We are pleased to announce several important updates to the 'Flagship Portal' this month.

Firstly, the Flagship Sites Portal is merging with Cemex Mexico's 'Road2Excellence (R2E)' program, and we are officially launching details of how sites can apply for 'bronze' accreditation, and what criteria they need to meet. The R2E program will move us forwards on our Continuous Improvement journey, utilising Lean Management training and tools alongside the delivery of on-site initiatives to increase the safety and efficiency of our operations. Details of the accreditation process can be found via the portal homepage.

Secondly, our latest flagship bronze-level case study at our Spandau Readymix Plant in Berlin, Germany, is now live within the portal, and is also available on the following link. Please note the video is in German but an English transcript is available within Microsoft Stream – [Spandau Flagship Case Study Video.mp4 \(sharepoint.com\)](#).

Friedrich Bayer, Senior Manager for Materials Development in Cemex Germany, explains: 'Spandau is a location that truly stands out in terms of its commitment to sustainability, safety, and innovation. With its business areas of cement, aggregates, ready-mixed concrete solutions, and circular economy; Spandau is at the forefront of the industry. One of the key initiatives at this location is the focus on e-mobility, with the goal of reducing emissions and promoting clean energy. Innovative health & safety solutions are also paramount, with a strong emphasis on ensuring the well-being of all employees. With a focus on digital innovation, Spandau is constantly seeking new ways to improve efficiency and productivity. All in all, Spandau is a location that truly embodies the values of our Road2Excellence flagship program' Spandau joins Pruskow Readymix (PL), Immelborn Quarry (DE), and Port Victor Readymix (FR) at Bronze level, and our fifth case study at Swinderby (UK) will follow later in the year.

The interactive portal, a joint project of the Materials teams in Western and Central Europe, is an internal tool for employees, which offers videos, photos, safety materials, case studies, supplier information and Cemex contacts on key initiatives in nine categories covering our main operational focus areas.

The catalog of key initiatives presented comes from a number of high-performing sites across the region, which have been carefully selected to display different sets of initiatives regarding safety & security, CO₂ reduction, environment, renewable energies, water management, efficiency, smart loading, agile materials, and digital technologies.

To access the flagship portal, please visit <http://flagship.vapcemex.com> and enter 'cemex' as your username, and 'greenplanet' as your password.





Mental Health Awareness Week

This week is Mental Health Awareness Week. Every year in the UK, one in four of us will experience a mental health problem, but too many of us aren't getting the help we need. According to the Mental Health charity Mind, over 2 million people are waiting for NHS mental health services, and since 2017 the number of young people struggling with their mental health has nearly doubled.



At Cemex UK, we want to create a culture where people feel comfortable to talk to their colleagues if they think they might need help, or if they spot a sign that something is up with someone they work with. Through our Wellbeing campaigns, we aim to provide you with resources that can support you, either to help yourself, or, to help your colleagues.



Earlier this year we ran our Time To Talk campaign, encouraging you to take time out to have a chat with your colleagues, ask them how they are doing and make those first steps towards being there for each other. We once again would like to ask you to take some time out with your colleagues, friends and families. Together, go through the resources which you can find online [HERE](#) or scan the QR, take time out to [watch the video](#), and please **share the posters on your work place notice boards, or Wellbeing notice boards.**

In our online Mental Health Resources folder you can find the following pdfs for:

- [Feeling anxious or depressed?](#)
- [Top tips for easing anxiety](#)
- [Mental Health Awareness - Online resources](#)
- [Mental Health Awareness - Can you spot the signs](#)
- [Mental Health Awareness - Tips for helping someone](#)

Start some conversations around mental health today.

For further online support please try these organisation who have a large amount of information and resources to help you. <https://www.mentalhealth.org.uk/> or <https://mentalhealth-uk.org/>



Join the Men's Health Webinar – 21st May



Our new Wellbeing focus for May and June is '**Men's Health & Wellbeing**'.

During this new campaign we will be sharing personal stories and helpful resources covering a range of topics.

Join our Men's Health Webinar

We invite you to join our New Leaf Men's Health Webinar on 21st May at 10.00am.

This webinar helps to raise awareness around men's health, and offers helpful tips around various aspects of wellbeing including:

- Prevalent cancers and screening services.
- Self-examination, signs, symptoms and early detection.
- Mental health, including andropause.
- Risks around diabetes, high blood pressure and heart disease.
- Maintaining a healthy weight and body shape.
- Plus much more.

Our health webinars are always popular so sign up quick! Click [HERE](#) to register, or scan the QR code above and on the poster at the end of this document and online [HERE](#).

Throughout the campaign we will be sharing all our resources on the UK News download page for Men's Health. During the campaign you will be able to access these resources [HERE](#).

Meet the UK's Cemex Global Awards Winners!

Congratulations to our UK colleagues and teams who were recognised during this year's Cemex Global Awards! Your efforts and achievements in Health & Safety, Customer Centricity, Sustainability, and Innovation drive our company's success and help build a better future.

We have shared our UK success in the Health & Safety category, however, the UK also achieved significant success in the Customer Centricity, Sustainability and Innovation categories.

Well done to all the winners!



Our UK wins:

Customer Centricity > Voice of the Customer > Larger Markets

UK - Aggregates

Sustainability > Decarbonising Our Operations > 100% Clean Electricity

EMEA - Croatia, Polonia and UK

Sustainability > Decarbonising Our Operations > Transport Emissions

UK Supply Chain

Sustainability > Circular Economy > Most Increased Volume per Waste Stream - Construction, Demolition and Excavation Waste (CDEW)

UK Materials

Sustainability > Water, Biodiversity & Air Quality > Special Mention

UK (Nature Positive Pilot)

Innovation > EMEA Region > Lower CO₂ Discharge / CO₂ Capture with Sodium Hydroxide

EMEA (UK Supply Chain members- Nigel John and Ponton Carl Milton)

Innovation > Special Mention

Richard Kershaw - CLOUD CYCLE

Innovation Day – Save the Date

Fostering Innovation is one of our new corporate values which reflects our vision of being a disruptive company, leveraging creativity, experimentation, and change, as a fundamental part of our culture.

We would like to invite you to participate in the Cemex EMEA Innovation Day which will take place on 28th May (10.00am to 11.30am UK time).

During the webinar, innovative solutions from our region will be presented, our leaders will share with us their vision regarding Innovation.

To join via Zoom, please click this link: <https://cemex.zoom.us/j/81717603072>



Marine Welcomes Latest Cadet



This week the Marine team welcomed on board the Cemex Go Innovation, Rosalind Graham, Marine's new Engineering Cadet sponsored by Cemex. Rosalind will be starting at Solent University in September.

Rosalind was shown round the ship by current Engineering Cadet Amilia Busby, and accompanied by colleagues from Crewing, Logistics, and also Training Coordinator, Susie Taylor. Rosalind really enjoyed the visit on board the ship and starting to learn how our Marine business operates, before starting her University studies later this year.

The cadetship will last approximately three years, with alternating periods of study at Solent University and periods on board Cemex vessels building experience and putting skills into practice. This will result in a Certificate of Competency as an Engineering Officer of the Watch, issued by the UK Maritime & Coastguard Agency, after completing all of the necessary training and exams.

Adrian's Amazing Aurora



On Friday night the UK, along with many parts of the world, was treated to a spectacular Northern Lights display. Adrian Radnor, Plant Manager at Hereford Readymix Plant, was in Wales at the time, and as an award winning amateur photographer, he was in

his absolute element – he told us: “It was truly magical and was visible without the camera too. Always been on my list of things to do.”

Here are some of Adrian's photos to enjoy!

Internal Vacancies

IVC Ref	Position	Company	Location	Closing date
91-05-2024	Commercial Development Manager	Materials - Readymix	Midlands	17/05/2024
92-05-2024	Operative	Supply Chain - Cement	Tilbury Cement Plant	17/05/2024



93-05-2024	Operative	Materials - Aggregates	Alrewas Quarry	22/05/2024
94-05-2024	Process & Continuous Improvement Engineer	Cement Operations	Rugby Cement Plant	23/05/2024
95-05-2024	Internal Sales Representative	Urbanisation Solutions - Asphalt	Huyton	24/05/2024
96-05-2024	Multiskilled Operative	Urbanisation Solutions - Asphalt	Liverpool Docklands	24/05/2024
97-05-2024	Class 2 Driver (Tipper)	Supply Chain - Materials	Angerstein	24/05/2024
98-05-2024	Electrical Supervisor	Cement Operations	Rugby Cement Plant	27/05/2024
99-05-2024	LGV Driver x 4	Supply Chain - Materials	Dove Holes	28/05/2024

We would love to hear from you for the next edition

To send us a story: either click on 'submit a story' on the UK News website or
email gb-communicationsandpublicaffairs@com

If you can, please include a photo too (taken in super fine landscape setting and saved
as a jpeg.) Thank you.



FUTURE IN ACTION

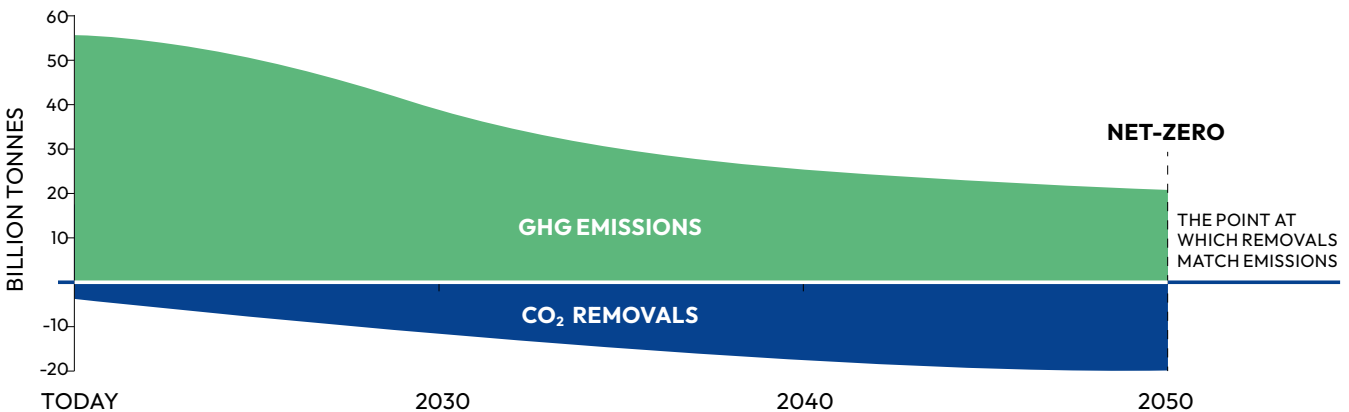
OUR ULTIMATE GLOBAL AMBITION

To become a net-zero CO₂ company by 2050

Our purpose is to build a better future, and to do that we must address climate change. As one of the world's largest building solutions providers, this has been a priority for Cemex for many years.

What is net-zero?

To limit global warming to 1.5°C we must reach net-zero carbon emissions no later than 2050.



And our interim 2030 targets to be on the right track...

*According to our 1990 Baseline

To be below 430kg of CO₂ per ton of cementitious material, equivalent to a **47% reduction*** (Our Europe target is 55%)

To reduce the carbon content per cubic meter of concrete to c.150kg, equivalent to a **41% reduction***

Alignment and validation

- Our 2030 goals have been validated by the **Science Based Targets Initiative (SBTi)** according to the 1.5°C Scenario
- We are members of the **Race to Zero** campaign from the United Nations
- And we are a founder member of **The First Movers Coalition**



IN THE UK

To achieve our goals, we are focusing our Future in Action programme on six pillars:

Sustainable Products and Solutions



- Lower carbon cements (Vertua Supreme - available across Europe for more than 55% lower CO₂ emissions)
- Lower carbon concretes, mortar and screed
- Admixtures natural bio-sourced range
- Vialow Asphalt and Readyblock lower carbon solutions
- Recycled aggregates
- Pervia permeable concrete, asphalt and block paving to support water management
- Carbon footprints available on request for all cements and concrete
- 100% disclosure on sustainability attributes



Decarbonising our Operations



73%

Alternative Fuel Substitution Rate in 2023



47%

reduction in net CO₂ emissions/tonne cementitious (2023 v 1990)



48%

CO₂ reduction in concrete since 1990



36%

CO₂ reduction in asphalt since 2010



27%

CO₂ reduction in mortars since 2010

Innovation & Partnerships



We invest and partner with the most innovative, sustainable, and promising startups to drive the construction industry revolution.



Promoting a Green Economy



We promote and advocate for a circular economy, primarily focusing on:



Waste directives for energy recovery



Lower carbon cements



Clean energy



Recycling demolition waste



Government and multilateral funding

Circular Economy



- Regenera, a business that provides circularity solutions, including reception, management, recycling, and co-processing of waste
- In the UK, Regenera operates a recovery site at Barrington bringing in material via rail
- 40% of concrete containing >5% recycled aggregates by 2030
- >50% increase in waste managed vs 2022, ~ 900kt in total
- >3.4 million tonnes permitted restoration void
- Target of 24 million tonnes by 2030

Water & Biodiversity



Committed to biodiversity

Effective land management and biodiversity conservation around our operations.

- 100% of rehabilitation plans in all active quarries
- 100% of biodiversity action plans in quarries with high biodiversity value
- Nature Positive by 2030
- Implementation in Europe

2030 Targets

20%
reduction in specific freshwater withdrawal in Cementitious

Shift to Non-freshwater

15%
reduction in specific freshwater withdrawal in Aggregates

Prioritised by Water Stress Category

10%
reduction in specific freshwater withdrawal in Concrete

Implement Water Positive initiatives



Men's Health Webinar

Men's health, and particularly mental health, can often be easily overlooked. This webinar helps to raise awareness around men's health, and offers helpful tips around various aspects of wellbeing, including:

- Prevalent cancers and screening services.
- Self-examination, signs, symptoms and early detection.
- Mental health, including andropause.
- Risks around diabetes, high blood pressure and heart disease.
- Maintaining a healthy weight and body shape.
- Plus much more.

When

21st May 2024

Times

Starts 10:00

Location

MS Teams

Book Online



Or visit: <https://wellbeingbooking.co.uk/events/QOEC2K>

Top tips for easing anxiety

If anxiety gets too much for us or if it persists, it can have a negative impact on our daily life. The good news is that there are simple ways to help manage symptoms of anxiety and one of the key ones is physical activity.

Top tips for easing anxiety



Spot the signs of anxiety

It's important to recognise your symptoms of anxiety, reasons for them and how to take action.

Top tips for getting active

Start small and build up slowly

To the recommended 150 minutes of physical activity a week if you can. Why not try a free NHS-approved app – such as Couch to 5k and Active 10 – to get moving?

Face your fears gradually

Avoiding situations can make our anxiety worse. Slowly facing up to things you find challenging may help.



Choose a physical activity you will enjoy

It will be much easier to keep motivated if you pick something you like.



Challenge unhelpful thoughts

Try to catch negative thoughts and replace them with more realistic ones.



Make being active fun

Listen to a new podcast while on a brisk walk or invite a friend or a family member to join.



Set up a daily "worry time"

To address or write down your concerns.



Go outside

Whether it's your local park or common, being out in nature helps to clear the mind.



Reduce tension with relaxation exercises

Check out these helpful [mindfulness and meditation videos](#).



Physical activity not always front of mind?

Keep your active kit next to your front door as a reminder.



To download free NHS approved apps such as Couch to 5k and Active 10, please search [Every Mind Matters](#).

For more help

Sign up to [Every Mind Matters anxiety easing emails](#).



Feeling anxious or depressed?

NHS Talking Therapies can help

Struggling with feelings of depression, excessive worry, panic attacks, social anxiety, post-traumatic stress or obsessions and compulsions? A trained clinician can help.

The service is effective, confidential and free.

Talking therapies are also available in your chosen language through multi-lingual therapists or confidential interpreters, and in British Sign Language, through SignHealth's Therapies for Deaf people service.

Your GP can refer you or refer yourself at [nhs.uk/talk](https://www.nhs.uk/talk)

**Help Us Help You –
Mental Health Matters**



Help us
help you



13th - 19th
May
2024

Useful weblinks if you
need support

Mind



**NHS
Mental
Health
Services**



**Every Mind
Matters**



**Hub of
Hope**



**Cemex
Care
First
EAP**

SANEline



Samaritans



**National
Suicide
Prevention
Helpline**



**Sea Farers
Welfare**

