

## NJC marks Mental Health Awareness Week 2022

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Mental Health Awareness Week, hosted by the Mental Health Foundation, takes place from 9th-15th May 2022, with the theme 'Loneliness'.

Loneliness is something that we all feel from time to time; however, chronic loneliness can have serious long-term effects on our mental health. It can affect us in a variety of forms and how we deal with it differs from person to person.

At NJC, employees will be getting together for some tea & cake and having a chat (proven to improve mental health). Green ribbons will be sold to raise money for The Mental Health Foundation which carries out a fundamental role in helping people who are suffering.

NJC, which provides high-quality integrated cleaning and support services, constantly reviews and improves its processes to ensure the healthiest and happiest workplace and is revising its wellbeing strategy, with support from Investors in People. The company carefully monitors behaviours, processes and activities to ensure a strong wellbeing culture integrated at all levels of its business.

To support Mental Health Awareness week, NJC has attached its mental health newsletter which provides information about mental health and self-help tips. This goes toward helping its customers and the wider community, and NJC is very grateful to donations to the Mental Health Foundation.