



# YOUNG MEMBERS' **MENTAL HEALTH** MATTERS

**We negotiate for better  
terms and conditions**

  
**UNISON**  
*the public service union*

## We negotiate for better terms and conditions

**Low pay, high workloads and understaffing are huge stressors in the workplace. UNISON negotiates with employers to improve pay, terms and conditions at work – which can improve stress levels and mental health for staff.**

**Let's look after each other in UNISON.**





**YOUNG MEMBERS'**  
**MENTAL HEALTH**  
**MATTERS**

**We promote better health and  
safety in the workplace – including  
mental health**

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**We promote better health and safety in the workplace – including mental health**

**Health and safety doesn't only mean slips and trips – it also includes risks to your mental health. Our health and safety representatives make sure that workplaces are safe, healthy and secure for you and your colleagues.**

**Let's look after each other in UNISON.**





**YOUNG MEMBERS'**  
**MENTAL HEALTH**  
**MATTERS**

**We look after our members**  
**in the workplace**

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**We look after our members**  
**in the workplace**

**UNISON reps support our members at work when they need some extra help – whether that is time off due to mental health problems or agreeing reasonable adjustments to support them to work as normal.**

**Let's look after each other in UNISON.**





# YOUNG MEMBERS' **MENTAL HEALTH** MATTERS

We fight for fairness and  
equality in the workplace

  
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We fight for fairness and  
equality in the workplace

**Everyone is entitled to be treated with respect and dignity – but racism, sexism, disability discrimination, homophobia and transphobia in the workplace can have a huge effect on mental health. UNISON fights for equality for all workers, and we support our members to challenge unfair and unequal treatment, including all forms of prejudice and discrimination.**

**Let's look after each other in UNISON.**







# YOUNG MEMBERS' **MENTAL HEALTH** MATTERS

**We campaign for the**  
**Right to Disconnect**

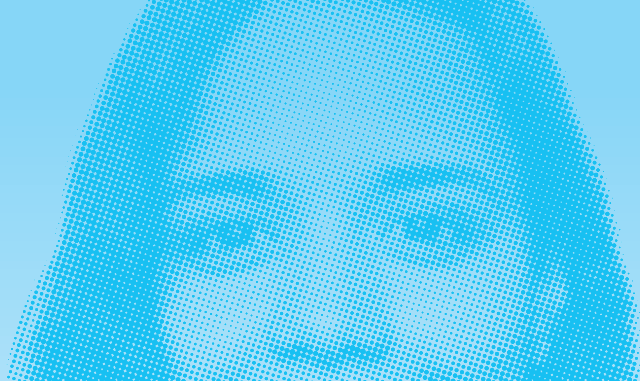
  
**UNISON**  
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## We campaign for the Right to Disconnect

**The Right to Disconnect is the right not to receive or respond to work-related messages, phone calls and emails outside of work hours. UNISON is campaigning for this to become the law – as it already is in other countries.**

**Let's look after each other in UNISON.**





# YOUNG MEMBERS' **MENTAL HEALTH** MATTERS

We help our members through  
difficult times

  
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We help our members through  
difficult times

**We all have tough times occasionally  
- and UNISON's welfare charity,  
There For You, provides confidential  
advice and support services for  
members and their dependants.  
We support members with financial  
assistance, debt advice - or simply  
someone to talk to about things that  
are worrying you.**

**Let's look after each other in UNISON.**

