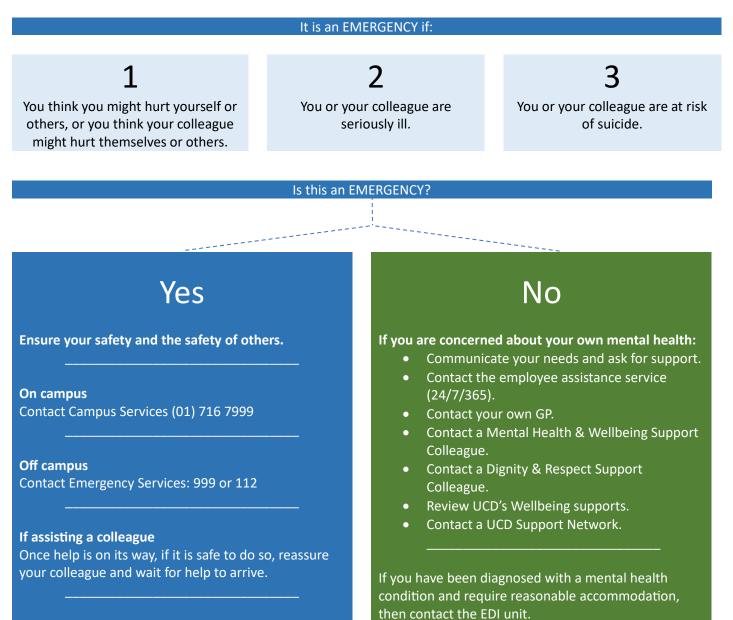


You are concerned about your mental health or that of a colleague



After the incident

- Talk about it with friends or colleagues while respecting the confidentiality of those affected.
- Consider contacting the Employee Assistance Service to talk through the incident.
- Talk to your line manager about what has happened – you may need to take a few days leave.

If you are concerned about a colleague:

- Be aware of your personal limitations.
- Express your concern and encourage them to seek support.
- Direct them to the UCD supports available or to utilise their own personal supports (GP, etc).