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IMPROVING LIVES



Established in 1832, retailTRUST improves the wellbeing of retail employees and their families through emotional, physical, vocational and financial support.

HOW WE HELP

We support retail employees and their families throughout their lives, from getting into retail all the way through to retirement.

retailTRUST[®] PROVIDES A BROAD RANGE OF SERVICES



**Supporting others
experiencing
emotional distress**

WHAT DOES MENTAL HEALTH MEAN TO YOU?

MENTAL HEALTH

Defined as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.

World Health Organization



I AM HUMAN

POOR PERFORMANCE DRIVER VERSUS BEHAVIOUR

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SPOTTING THE EARLY SIGNS OF EMOTIONAL DISTRESS

Anyone can experience a number of these symptoms and it doesn't mean that they have a mental health problem, so...

ASK

what's 'normal' for this person?

BASE

your judgement on patterns and not just a few signs in isolation

CONSIDER

whether or not the symptoms are becoming more frequent and/or severe

**“They may forget what you said,
but they’ll never forget how you
made them feel.”**

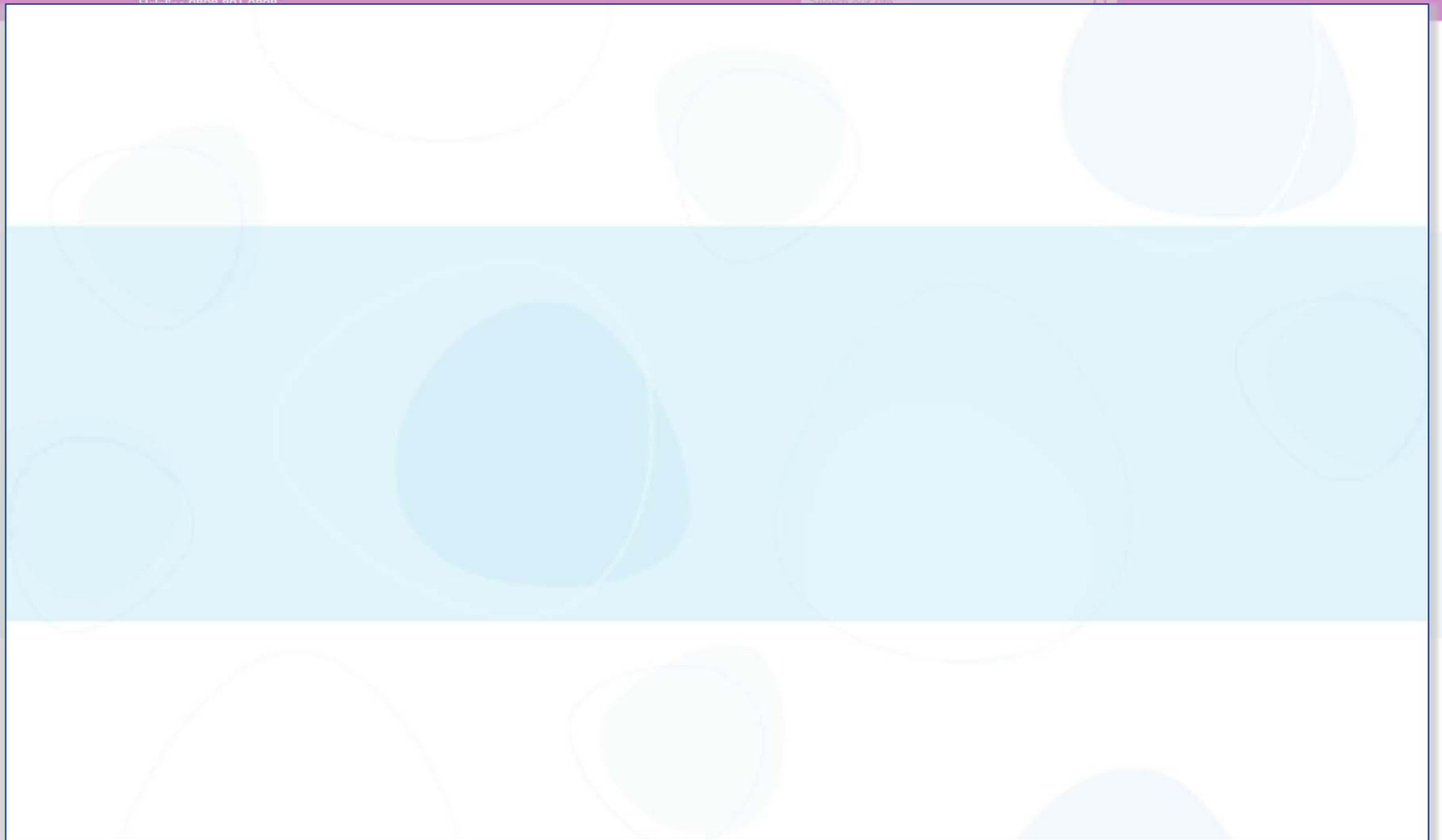
Carl W. Buechner

WHAT HELPS SUPPORTIVE CONVERSATIONS?



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