



**BBE**  
TRAINING



A CITRUS GROUP  
COMPANY

# Health & Wellbeing



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BBE Training and The Citrus Group are committed to ensuring the welfare of all employees and Apprentices under their employment or on a qualification programme.

We fully understand that personal problems can arise during your time with us and we have systems in place to support and advise you should there be a requirement.

Issues can arise from drug & alcohol abuse, financial problems, gambling addiction or simply the pressure of work or homelife.

There are many organisations that are available to assist those who find themselves in difficulty that can offer support and advice from a website or by contacting them when your information will be dealt with in a confidential manner.

In some occasions the most direct line of support could come from your Line Manager or Supervisor but if these are not approachable consider your company welfare representative or support tutor.

Having a good healthy diet and staying physically active will not only keep your body in good health but also maintain a stable emotional status. Ensuring that you receive the correct amount of sleep is very important as working tired the next day can be difficult and distracting.

Controlling the amount of alcohol and smoking can not only harm your health but also cancel and good you have done with your diet and exercise. Your immune system can also be lowered with excessive consumption of these items which can also lead to mental health problems.



## Useful Websites

**Alcohol Concern:** [www.alcoholchange.org.uk](http://www.alcoholchange.org.uk)

**Drug Abuse:** [www.talktofrank.com](http://www.talktofrank.com)

**Relationship Issues:** [www.relate.org.uk](http://www.relate.org.uk)

**Change for Life:** [www.nhs.uk/change4life/about-change4life](http://www.nhs.uk/change4life/about-change4life)

**Stress/Anxiety:** <https://www.nhs.uk/conditions/stress-anxiety-depression/learn-for-mental-wellbeing/>

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