

MENTAL HEALTH AT WORK COMMITMENT



By signing up to the Mental Health at Work Commitment in February 2022 NIAS has made a commitment to making our organisation a place where the importance of promoting and supporting the mental health and wellbeing of our people is recognised.

For the blue light community, signing up to the Commitment represents a collective movement across all emergency services and throughout the UK; it's a statement of intent, declaring that mental health at work is a strategic priority for all.

Prioritising mental health in the emergency services has never been more important. With plenty of information, resources and real-life stories to support emergency responders The [Blue Light Together](#) website and [their real life stories](#) are here to help you.