


MENTAL WELLBEING JOURNEY




THRIVING

"I'm doing well and I want to explore other ways I can stay resilient and on good form"




THINGS ON MY MIND

"I'm okay, but I've got some things I'm worried about and I'm finding it hard to stop thinking about them"



STRUGGLING

"I've not been feeling myself for a while. I'm managing work and home life, but it's hard and I could do with some help"



SEVERELY STRUGGLING

"I'm finding it hard to manage everyday life. Most days feel like a struggle"



SERVICES FOR JLR EMPLOYEES

NON-JLR SERVICES

ALL SERVICES ARE AVAILABLE TO ALL UK JAGUAR LAND ROVER EMPLOYEES

VISIT THE [WELLBEING WEBSITE](#) FOR INFORMATION AND ADVICE ON HOW TO LOOK AFTER YOUR MIND, BODY, AND LIFE

