

## Being open about mental health

**Speaker: Adi, Communications graduate**

**Adi:** I have been at HSBC for a year and a month. I was not in the best of my mental health when I joined. There were some days where I just could not work. I have done the mental health training. It gave me a sense of direction of where to reach out and whom to reach out to. I use the employee assistance programmes. Whenever I have spoken to them, it has really, really helped me. I have been really open about my mental health since the first day and I am glad I took that decision.

**[Text on screen]** In extraordinary times, it is even more important we take care of ourselves and each other.

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