

Looking after your mental health



To help you with your personal resilience during the pandemic and beyond, look out for our video.

The video is hosted by Carl Laidler, Director of Wellbeing from Health Shield and he will be talking about:

- Examples of resilience.
- Analysis of the problem and taking action.
- How your lifestyle can life affect your resilience.
- How other people in your life can help or hinder your resilience.
- How to use flexible thinking.

Click [here](#)
to watch
the video

For more information about the products and services available from Police Mutual:

Call us 01543 441630
Visit policemutual.co.uk

We're open from
9am - 5pm Mon - Fri

Police Mutual is a trading style of The Royal London Mutual Insurance Society Limited. The Royal London Mutual Insurance Society Limited is authorised by the Prudential Regulation Authority and regulated by the Financial Conduct Authority and the Prudential Regulation Authority. The firm is on the Financial Services Register, registration number 117672. Registered in England and Wales number 99064. Registered office: 55 Gracechurch Street, London, EC3V 0RL. For your security, all calls are recorded and may be monitored.