



World Mental Health Day

World Mental Health Day is on Saturday 10 October 2020.

This year has been particularly challenging in so many ways which is why it is important to take the time out and focus on your own health and wellbeing, as well as that of those around you.

We recognise the difficulties being experienced by taxi and private hire licensees as a result of the coronavirus pandemic and it is really important to be self-aware and spot any early warning signs of feeling physically or mentally unwell and to seek help and support at the earliest opportunity.

This notice is a reminder to all licensees that a wealth of support is available and to point to some of the resources available.

Our dedicated [Taxi and Private Hire Health and Wellbeing](#) webpage remains available and lists a wide range of organisations that provide specialist support and advice on mental and physical health, a number of which have developed specialist coronavirus-related advice.

The Government has also produced [guidance for the public](#) on the mental health and wellbeing aspects of coronavirus, which is regularly updated with advice on how to look after your mental health and wellbeing during the coronavirus outbreak. We encourage all licensees to familiarise themselves with these resources and to seek support where needed.

This year, Transport for London is supporting Mind's '#DoOneThing for better mental health' initiative which focuses on the steps that we can all take to support our own mental health and those around us.

Making positive change can seem hard, especially during uncertain times. And sometimes, it can be hard to know where to start. Whether you want to take the first steps towards getting some help or learn more about helping those around you.

That is why the ethos of the Mind initiative is to #DoOneThing, just taking that first step, whether it's going for a walk, learning a new skill or doing something creative, taking the first steps to getting support for yourself, or reaching out to someone else.

Please visit www.mind.org.uk/wmhd for more information and helpful resources to get started.

If you feel you need support and want to talk to someone, the Samaritans are always available on free-phone 116 123.

Suicide awareness

Being vigilant and looking out for the signs that colleagues, friends, family members and even passengers are at risk of suicide could help to save a life. Suicidal behaviour can take a range of forms.

You can look out for the following behaviours or signs which might suggest someone is at risk:

- They're upset or in distress
- They seem very remote or quiet
- They might be irritable or irrational
- They might ask odd questions, like where a bridge or level crossing is
- They might be wearing odd clothing or hospital clothing
- They might say things like "I've had enough" or "I want it to end"

Often the key thing we hear is people felt “something just wasn’t right” with the person they were concerned about.

If you believe someone is suicidal and is in your vehicle, you could offer to take them to a hospital if you can or call the police. Someone might appear to be fine after a while, but remember, you don’t know the full story. They may have been reported missing or have significant mental health issues.

The Zero Suicide Alliance has produced a free interactive 20 minute online [suicide prevention course](#), which provides information on how to deal with difficult situations where a person may be at risk of suicide.

Please do stay safe and well.

Graham Robinson

A handwritten signature in black ink, appearing to be 'GR' followed by a large, sweeping flourish.

**General Manager
Taxi and Private Hire
Transport for London**

9 October 2020

Previous TPH Notices can be viewed [here](#); for additional licensing information, please visit tfl.gov.uk/tph