



# SHORT-TERM SYMPTOMS CAN DEVELOP INTO SERIOUS LONG-TERM HEALTH CONDITIONS

Prolonged stress doesn't just have an impact on your performance at work. It can also lead to high blood pressure, strokes, heart attacks, lower your immune system and put your mental health at risk.

## Don't suffer in silence

- Speak to your manager, Napo rep and your GP
- Request a referral to occupational health and contact your employee support services.
- Raise workloads at team meetings.
- Discuss the situation at Napo branch meetings
- Raise concerns about workloads at supervision meetings and record this and any agreed outcomes

## Record the problem

- Keep a written record of any stress related issues and share with management
- Complete a Napo foreseeability notice
- Record any incidents that trigger your stress in the accident/incident reporting system
- Request a stress risk assessment. If stress is affecting your colleagues, ask for a team stress risk assessment

## Join Napo

If you haven't already done so, join Napo. If high workloads and stress are impacting your work and health, you may need our help.

Join online on the Napo website  
[www.napo.org.uk](http://www.napo.org.uk)

**For more information on dealing with stress at work:**

Email Sarah Friday, National Official (Health and Safety): [sfriday@napo.org.uk](mailto:sfriday@napo.org.uk)

or visit [www.napo.org.uk/health-safety](http://www.napo.org.uk/health-safety)

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