

# TAKE 10 ON 10 OCTOBER



nccgroup

WORLD  
MENTAL  
HEALTH  
DAY



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## Take 10 on 10 for World Mental Health Day

On World Mental Health Day on 10 October, we'll be encouraging colleagues to take 10 minutes out to reflect on their own mental health.

Our take 10 on 10 October, part of NCC Group's NCC Cares programme is designed to encourage colleagues to talk about mental health in the workplace. We'll be asking colleagues to take time out to think about this on a personal level as well as sharing ideas on how we can improve our workplace too.

Colin Watt, global chief people officer here at NCC Group explains more: "It's important that we recognise that for a variety of reasons, not every day is a good day for our colleagues. Our NCC Cares programme was developed as a result of colleague feedback and we're very proud that they are taking this initiative forward. We are supporting our people and trying to create a working environment that truly reflects that ambition."

There's been a number of activities run across our global teams in support of physical and mental health and well-being over the past few months with colleagues also taking part in Virtual Long Distance Challenge too. According to the World Health Organisation, their campaign has never been more relevant than it is right now citing that without urgent action, depression is set to be the leading illness globally by 2030.

Colin adds: "Here at NCC Group you can expect to have your voice heard and be included in the conversation around topics that matter and help us to achieve our mission of keeping society safe and secure."

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## About NCC Group

NCC Group exists to make the world safer and more secure.

As global experts in cyber security and risk mitigation, NCC Group is trusted by over 15,000 clients worldwide to protect their most critical assets from the ever-changing threat landscape.

With the company's knowledge, experience and global footprint, it is best placed to help businesses identify, assess, mitigate and respond to the evolving cyber risks they face.

To support its mission, NCC Group continually invests in research and innovation, and is passionate about developing the next generation of cyber scientists.

With over 1,800 colleagues in 12 countries, NCC Group has a significant market presence in North America, continental Europe and the UK, and a rapidly growing footprint in Asia Pacific with offices in Australia and Singapore.

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