

Anti-Bullying: Reaching Out and Standing Together



Bullying can take many forms — from harsh words and exclusion, to online intimidation or misuse of power. Whatever the setting, the effects are real. It can leave people feeling anxious, isolated, and unsure of where to turn. Recognising bullying early and speaking up is the first step toward change.

Bullying isn't always obvious. It might appear as persistent criticism, being ignored or excluded, or constant undermining of your work or confidence. If someone's behaviour makes you feel uncomfortable, belittled, or afraid, it's important not to dismiss those feelings. Everyone deserves to feel respected, valued, and safe — both at work and in life.

Reaching out for support can make all the difference. Talking to someone you trust or using your Tenant Support & Wellbeing Service (TSWS) gives you the chance to share what's happening in complete confidence. A trained counsellor can help you make sense of your situation, explore your options, and find positive ways forward. You don't have to face it alone — help is always available.

Kindness and courage go hand in hand. By supporting one another and reaching out when things don't feel right, we create environments built on empathy, understanding, and respect.

Together, we can replace fear with strength, silence with support, and make sure that kindness always triumphs.

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P. tenantsupport

Life & Progress

Call us today in confidence

Freephone **0330 094 8845**
Website **www.tenantcare.co.uk**