



What to do if you're being bullied at work

1

Talk to a friend

Talk to someone you trust, it can be someone inside of or outside of work. It can be good to have someone else's opinion to help you see things differently.

2

Keep a diary of events

Sometimes things that happen might not seem like a big deal however viewing them all together can give a clearer picture. It can also be useful in case you need to make a formal complaint or take things further. Try and record what happened and when, how it made you feel and if anybody else was there.

3

Talk to the bully

If you feel safe and able to do so sometimes it can help to confront the bully directly. Talking through your differences can help to resolve the conflict.

4

Arrange a meeting

Your employer has a duty of care to help and support you, and to prevent workplace bullying. Your union representative can provide guidance and you can talk to them in complete confidence.

5

Ask for help

There are many outside organisations you can help if all other methods of communication have failed. Citizens Advice and the National Bullying Helpline are good places to start.