

Resources

Information and practical advice for anyone experiencing mental ill health:

<https://www.nhs.uk/Livewell/mentalhealth/Pages/Mentalhealthhome.aspx> (NHS)

Free and confidential helpline for any employee experiencing mental health issues causing absence or causing difficulties to remain at work:

<https://www.remploy.co.uk/employers/mental-health-and-wellbeing/workplace-mental-health-support-service-employers> (Remploy)

Saneline helpline 4.30 - 10.30pm: <http://www.sane.org.uk/> (Sane)

10 keys to happier living: <http://www.actionforhappiness.org/10-keys-to-happier-living> (Action for Happiness)

Why wellbeing matters: <https://www.cipd.co.uk/knowledge/culture/well-being/factsheet> (cipd)

For line managers

Promoting positive mental health in the workplace:

http://www.acas.org.uk/media/pdf/7/7/Mental_health_top_tips_table_APRIL_2012.pdf (ACAS)

An introduction to mentally-healthy workplaces:

https://www.mind.org.uk/media/43247/Resource1_Mentally_Healthy_workplacesFINAL_pdf.pdf (Mind)

The importance of workplace culture:

http://www.greatplacetowork.co.uk/storage/Publications/wellbeing_and_culture_final_011216.pdf (Great Place to Work)

The importance of giving clear guidelines: https://happymanifesto.com/2017/12/13/video-give-staff-freedom-within-clear-guidelines-to-see-them-perform-at-their-best/?utm_medium=email&utm_campaign=Weekly%20The%20Happy%20Manifesto&utm_content=Weekly%20The%20Happy%20Manifesto+CID_a9e785411a0d6f4af1e28da1cd17d765&utm_source=Email%20marketing%20software&utm_term=Watch%20Give%20staff%20freedom%20within%20clear%20guidelines%20to%20see%20them%20perform%20at%20their%20best (The Happy Manifesto)

How to support staff who are experiencing a mental health

problem: <https://www.mind.org.uk/media/550657/resource4.pdf> (Mind)

Managing and supporting mental health at

work: https://www.mind.org.uk/media/44253/Managing_and_supporting_MH_at_work.pdf (Mind)