Employers are visibly committed to positive mental health.

Shared goal:

Managers are informed and open to conversations with their staff.

Individuals are self-aware and ask for help when needed.

Our shared goal is: positive wellbeing and productive workplaces.
Employers

• Lead and embed a wellbeing strategy
• Reduce stigma
• Tackle the causes of workplace stress
• Support and train managers
• Understand the impact personal issues can have on mental wellbeing
Managers

- Build rapport with staff
- Plan work with ‘people’ in mind
- Have confidence and knowledge in managing mental health
- Handle difficult conversations effectively
- Support work-life balance
Individuals

- Look after their own wellbeing
- Use positive coping strategies
- Identify personal stress triggers
- Engage with line managers
- Take notice and support colleagues