

PREVENT STRESS AT WORK TO SUPPORT GOOD MENTAL HEALTH

REACH OUT

Start a conversation – the first step towards preventing work-related stress and supporting good mental health.

RECOGNISE

The signs of stress in individuals and teams. There are six main areas that may cause issues if not managed well.

RESPOND

Action points and solutions should be agreed together between employers and workers.

REFLECT

Monitor and review the actions you've taken, or not taken in some cases.

MAKE IT ROUTINE

Ask how people are and check-in on mental health and stress. Together, we can make talking about how people are feeling, normal.

Need help now?

Contact Ben's free & confidential helpline team:

Monday to Friday 8am - 8pm

☎ 08081 311 333

✉ supportservices@ben.org.uk

🌐 www.ben.org.uk

For out of hours support

📱 text **BEN** to 85258



SIX AREAS TO CONSIDER:

- Demands
- Control
- Support
- Relationships
- Role
- Change



No matter where you work, employers have a legal duty to identify risks and agree ways to prevent work-related stress and support good mental health.

For practical advice and ideas, see www.workright.campaign.gov.uk



Scan for further advice