

# WORKING MINDS

## CHAMPION CHECKLIST

Help raise awareness to prevent work-related stress and support good mental health



### SIGN UP TO THE MONTHLY UPDATE

The first step is easy, sign up to become a champion and receive a monthly email with the latest information, ideas and access to digital resources and downloads.

[SIGN UP](#)

### BOOKMARK THE RESOURCE HUB

Make the champions resource hub a 'favourite' in your web browser to access assets and social graphics.

[OPEN HUB](#)



### YOUR MISSION: RAISE AWARENESS

Many people still do not know that **employers have a legal duty** and that it should be included as part of health and safety risk assessments. If there's one thing you can do as a champion, manager or good colleague, it's to help raise awareness of this.

### THE KEY FACTS

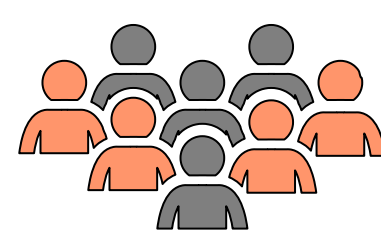
There are **three main reasons** employers should be looking to prevent stress and support good mental health in business: **it's the law, it's good for business and it's the right thing to do.**



No matter where you work, **the law requires all employers to prevent work-related stress** and support good mental health by **doing a risk assessment and acting on it.**



**Around half of all work-related ill health is down to stress, depression or anxiety** with each person suffering taking an average of 15.8 days off work.



**Taking action can help** retain staff, reduce sickness absence, boost morale and improve productivity.



### SUPPORT AND SHARE ANY WAY YOU CAN

- ✓ share on social media
- ✓ with your manager or employer
- ✓ write an intranet/newsletter article
- ✓ bring it up at team meetings

Talking about stress and mental health at work removes stigma and makes it easier for others to speak up.

### QUICK WINS

→ Make sure your employer is aware of the legal requirements

[FIND OUT MORE](#)

→ Download a risk assessment template and examples to get started

[DOWNLOAD](#)

→ Download a Talking Toolkit to help line managers structure conversations

[DOWNLOAD](#)

→ Print out / share the resources round up

[DOWNLOAD](#)

→ Print out / display the 5 steps poster

[DOWNLOAD](#)

→ Sign up for free online learning to learn more

[REGISTER](#)