

WORKING MINDS

MAKE IT ROUTINE

→ REACH OUT → RECOGNISE → RESPOND → REFLECT →

**PREVENT STRESS AND SUPPORT
MENTAL HEALTH AT WORK**

DATES FOR YOUR DIARY 2025



The law requires all employers to prevent work related stress to support good mental health in the workplace by doing a risk assessment and acting on it.

Help drive change across Britain's workplaces by using these key moments to promote the Working Minds campaign and free resources.

ACCESS FREE RESOURCES

workright.campaign.gov.uk/workingminds