

PREVENT WORKPLACE STRESS

Resources and support



www.hse.gov.uk

RISK ASSESSMENT

Template, examples and guidance

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TALKING TOOLKIT

To help structure conversations around main causes of stress

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FREE ONLINE LEARNING

Six interactive, bitesize modules to guide you step-by-step

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STRESS INDICATOR TOOL

Online survey free to pilot for up to 50 employees

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HSE MOBILE APP

Health and safety app for small businesses

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HSE CERTIFICATE IN MANAGING STRESS AT WORK

One-day qualification jointly developed with NEBOSH

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www.acas.org.uk

FREE, IMPARTIAL ADVICE

Workplace rights, rules and best practice

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www.nhs.uk/every-mind-matters

FREE MIND PLAN

Your personalised mental health action plan with tips and advice to help you be kind to your mind

[MORE INFO](#)



SELF-HELP CBT TECHNIQUES

Practical tips and strategies to help deal with worries, solve problems and boost your mental wellbeing

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www.mentalhealthatwork.org.uk

MENTAL HEALTH AT WORK COMMITMENT

A framework based on the Thriving at Work Standard

[MORE INFO](#)



Mind infoline (open 9am-6pm weekdays) - 0300 123 3393



www.cipd.org

HR AND LEGAL SUPPORT FOR PEOPLE MANAGERS

The latest insights and resources to help you become a better people manager

[MORE INFO](#)



www.samaritans.org

CALL 116 123

Whatever you're going through, you can call Samaritans for free 24 hours a day, 365 days of the year

[MORE INFO](#)



For practical advice and ideas, see workright.campaign.gov.uk/working-minds

WORKING MINDS

MAKE IT ROUTINE

→ REACH OUT → RECOGNISE → RESPOND → REFLECT →