

# WORKPLACE WELLBEING TOOLKIT

A STRATEGIC GUIDE TO CREATING A MENTALLY HEALTHY ORGANISATION

## STEP 1 SENSITISE LAY THE GROUNDWORK

### INTRODUCE THE IDEA OF TALKING ABOUT MENTAL HEALTH

Download the **Take 10 Together posters** to give people a taster of mental health awareness and MHFA skills

Download our short adaptable slide deck, **Making the business case for mental health** and use it to engage your leadership in the mental health agenda

If you have any existing support schemes in place, make sure all employees know it's there and how to access it

See the results of Business in the Community's survey: **Revealing the scale of mental ill health in the workplace**

Sign the **Time to Change Employer Pledge**



## STEP 2 SKILLS EMBED PRACTICAL SKILLS

### THROUGH QUALITY TRAINING, EMPOWER EMPLOYEES TO SUPPORT EACH OTHER

Give managers our **Line Managers' Resource** for guidance on how to support employees experiencing a mental health issue

Download our **whole organisation training framework**, or work with MHFA England to design a bespoke approach

Learn more about Mental Health First Aid **face-to-face and eLearning courses**

Download **The role of the Mental Health First Aider**

Signpost your Mental Health First Aiders around the workplace with these adaptable **first aid posters**, so that everyone knows where to go when they need support



## STEP 3 SUSTAINABILITY MAINTAIN MOMENTUM

### KEEP DISSEMINATING SKILLS AND AWARENESS

In large organisations, we recommend training employees as in-house Mental Health First Aid instructors who can keep delivering courses to suit the changing needs of your organisation

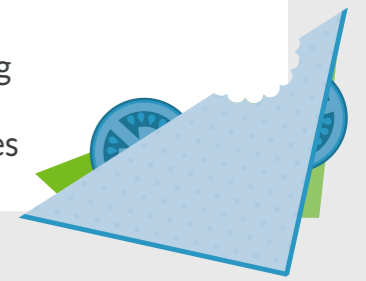
Learn about our Royal Society for Public Health accredited **Instructor Training programme**

Download **The role of the Mental Health First Aid instructor**

In smaller organisations, running 'lunch and learn' sessions or webinars with your Mental Health First Aiders can be a great way to raise awareness

Invite colleagues or external speakers in to talk about their lived experience of mental ill health, or get involved in the **This Is Me** campaign

Create a peer support network by setting up a mentoring scheme and encouraging employees to sign up as mentors/mentees



DOWNLOAD OUR INFOGRAPHIC: MEASURING THE IMPACT

KEEP MEASURING IMPACT

SEE HOW DIFFERENT ORGANISATIONS USE MENTAL HEALTH FIRST AID TRAINING IN THE WORKPLACE IN OUR SHORT FILM CLIPS



MHFA England

To find out more, or to book Mental Health First Aid training for your organisation, visit: [mhfaengland.org/organisations](https://mhfaengland.org/organisations)