



# The Managers Mental Health Toolkit

*Resources that your managers can  
use and share with their teams to  
help improve wellbeing*



# PROMOTE

*The promote pillar aims to create a healthy working environment by removing as many workplace stressors as possible.*



## ***The Everymind Champion Course***

*This [free interactive online mental health course](#) will provide you with a new perspective of mental health in the workplace. The course is approximately 1 hour, applicable to everyone no matter their role and can be completed at your own pace!*

# ***Create mental health champions in your business***

***What an Everymind champion is:***

- ***Someone who can provide peer support***
- ***Someone who takes action in raising awareness around the importance of mental health***
- ***Someone who (if they wish) can share their own experience with mental health to inspire others***
- ***Contributes to the goal of reducing stigma surrounding mental health in the workplace***

***[Take the course!](#)***

# PROVIDE

*The provide pillar aims to improve individual employee reactions to stress by educating them on effective ways to manage and respond to stressors that can't be removed.*

# Resources to support team wellbeing



## Video Series: *Financial Wellbeing Health Check*

*In this 5 part video series, Financial Advisor Lloyd Magee will take your employees through a free financial health check!*

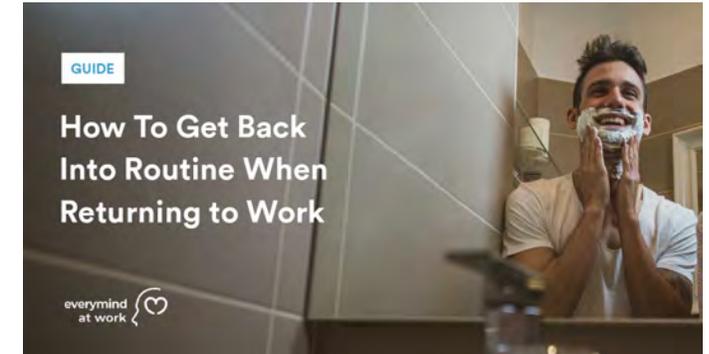
[Watch now](#)



## Guide: *How To Minimise Employee Return To Work Anxiety*

*For HR and Managers, this guide helps you ensure that employee wellbeing is at the heart of your 'Back to the Workplace' plans.*

[Grab your copy](#)



## Guide: *Getting Back Into Routine When Returning to Work*

*In this one page guide, we cover 10 tips to help you and your employees get back into a regimented routine for the return to work.*

[Download](#)

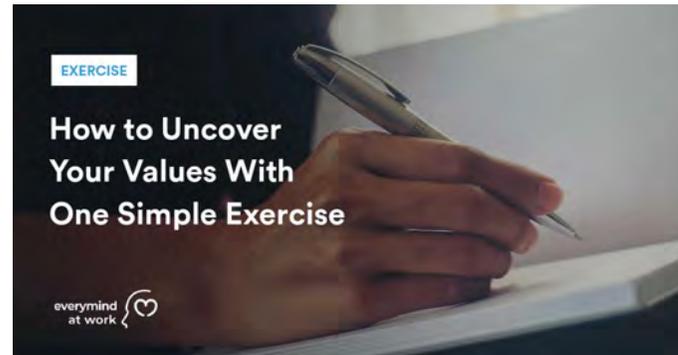
# Resources to support team wellbeing



## Exercise: *Understand Your Wellbeing With The Wheel of Life*

*The Wheel of Life is a tool designed to help you understand how balanced, or fulfilled you feel your life is at this moment.*

[Download](#)



## Exercise: *Uncover Your Values With One Simple Exercise*

*Knowing our core values is important. This exercise helps you to both identify and prioritise what matters to you.*

[Take a look](#)



## Guide: *I Have Anxiety About Returning to Work - What Do I Do?*

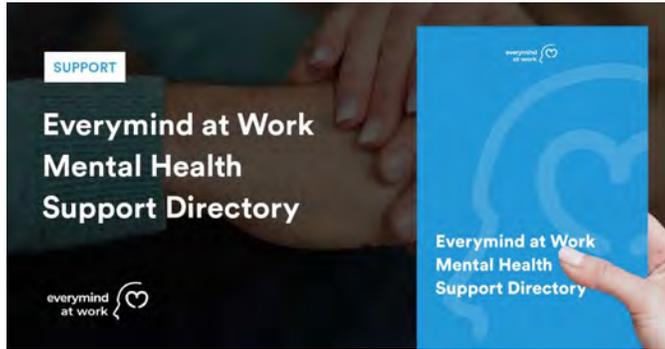
*Worried that someone might be struggling? Learn how to approach the situation along with where your responsibility ends.*

[Download](#)

# PROTECT

*The protect pillar aims to minimise the damaging consequences of any stressors by helping individuals to cope more effectively by providing specialist support.*

# Resources for when you need to signpost



## **Guide: *Everymind at Work Mental Health Support Directory***

*More than just a directory, this guide helps those in crisis understand exactly where they can find help and what to expect.*

[Download](#)



## **Guide: *How To Take Action When You Think Someone Is In Crisis***

*Worried that someone might be struggling? Learn how to approach the situation along with where your responsibility ends.*

[Download](#)

# Thank you

*We believe happy employees are the foundation of a healthy and productive business, let's keep striving forward to ensure your people are supported in the right way!*

