



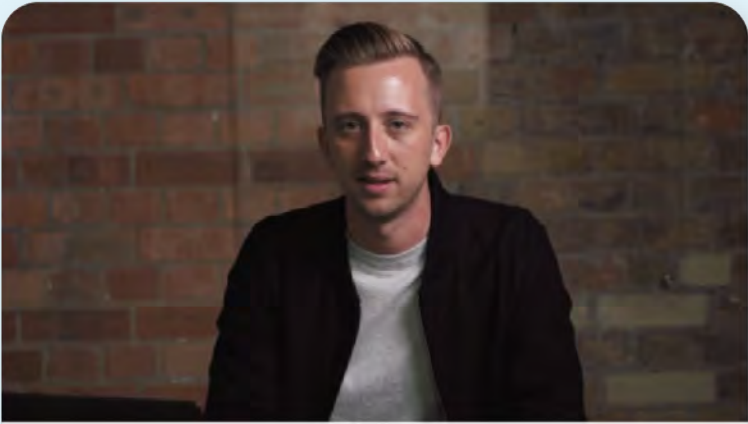
The Managers Mental Health Toolkit

*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.

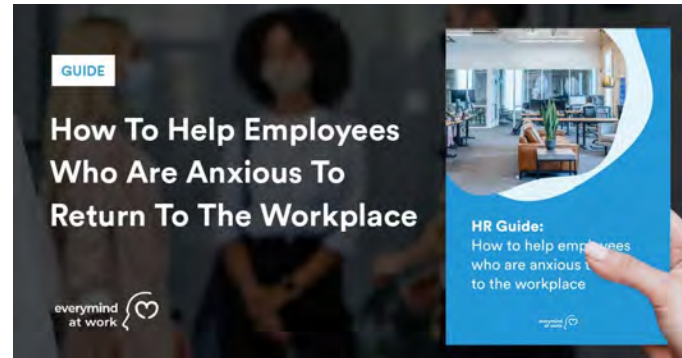
Resources to support team wellbeing



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!

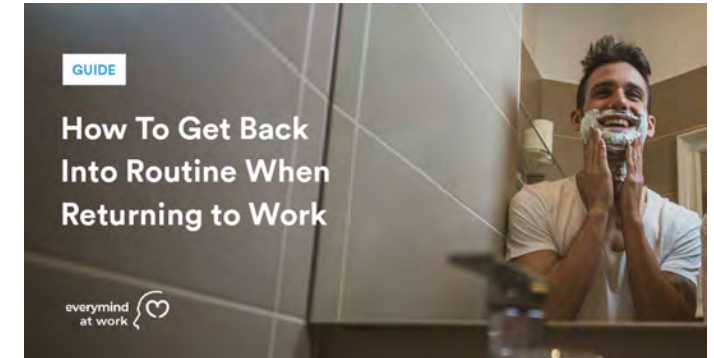
[Watch now](#)



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](#)

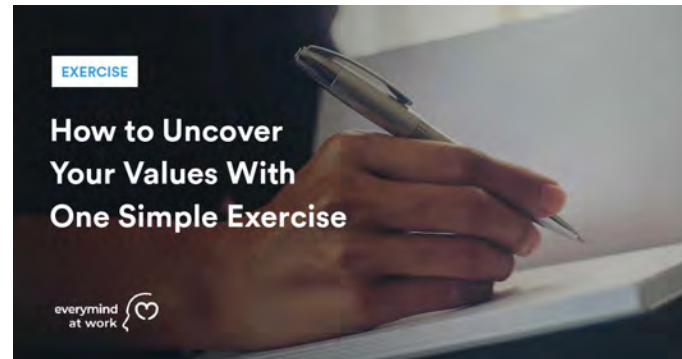
Resources to support team wellbeing



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?*

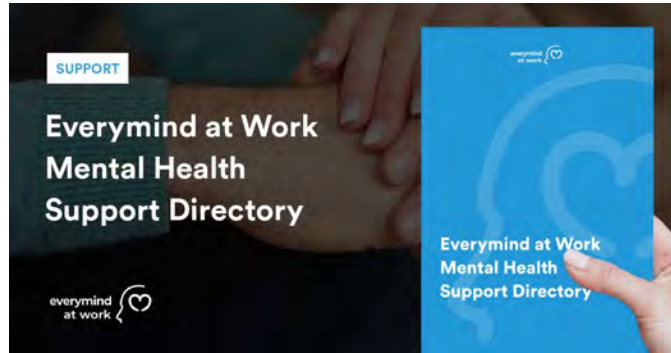
Worried that someone might be struggling? Learn how to approach the situation along with where your responsibility ends.

[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!

