

APRIL: STRESS AWARENESS MONTH

Prevent stress, support good mental health at work



www.hse.gov.uk

STRESS INDICATOR TOOL

Online survey free to pilot for up to 50 employees

[MORE INFO](#) →

RISK ASSESSMENT

Template, examples and guidance

[MORE INFO](#) →

TALKING TOOLKIT

To help structure conversations around main causes of stress

[MORE INFO](#) →

HSE MOBILE APP

Health and safety app for small businesses

[MORE INFO](#) →

HSE CERTIFICATE IN MANAGING STRESS AT WORK

One-day qualification jointly developed with NEBOSH

[MORE INFO](#) →



www.acas.org.uk

FREE, IMPARTIAL ADVICE

Workplace rights, rules and best practice

[MORE INFO](#) →



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

[MORE INFO](#) →



Promoting Stress Prevention and Wellbeing

www.isma.org.uk

ONLINE MASTERCLASSES AND RESOURCES

Featuring different expert presenters on stress management and connected topics

[MORE INFO](#) →



www.mentalhealthatwork.org.uk

MENTAL HEALTH AT WORK

Tools, resources and stories to support workplace mental health.

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

[MORE INFO](#) →

SAMARITANS

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 →