

MENTAL HEALTH AT WORK CHECKLIST



£118 billion

is how much mental health problems costs the UK economy annually (LSE)

56%

of employers want to do more to improve staff wellbeing but don't know how (Mind)

25%

of people will experience a mental health problem this year (Mind)

1. **Listen to your team** - always-on listening is a great option
2. **Educate your team** - give people access to the tools and terminology they need
3. **Make the mental health at work commitment** - show your people that you're committed by making it a priority
4. **Recruit a wellbeing workgroup** - consider creating a group dedicated to voicing the mental health and wellbeing needs of their colleagues
5. **Start small** - a wellbeing day is a great place to start
6. **Offer more flexibility** - Can people choose their own hours?
7. **Help your people access professional support** - Professional support is invaluable
8. **Develop mental health first aiders** - empower your people to help
9. **Provide access to mindfulness** - there are loads of apps, classes and programmes to choose from
10. **Benchmark and collect data on your progress** - our new Mental Health PBS is designed to do just this...

