

Mental Health Resource Toolkit

Here we have put together an A-Z of the best resources to help employers/managers meet the recommended standards on the prevention of stress and the promotion of mental health.

Organisation	Resources	Key Content	Link
ACAS	Framework for positive mental health at work	A short presentation showing how employers, managers and individuals can work together for both wellbeing and productivity.	https://tinyurl.com/yy58vohf
	Training	Awareness-raising for managers, supervisors and HR professionals.	https://tinyurl.com/y2ky4kk2
Business in the Community	Mental Health Toolkit	Writing a plan, useful resources, best practice case studies, training tips.	https://tinyurl.com/y3zqkmtv
CIPD	Factsheets	Opening up conversations about mental health and other key topics.	https://tinyurl.com/yy7pvdzm
Federation for Small Businesses	Online portal	Guidance specifically for small businesses and the self-employed.	https://tinyurl.com/y8uto2tl
HSE	Stress micro site	Various resources to help employers manage stress.	https://tinyurl.com/y3ombjxm
	'Management Standards' and workbook	What the HSE will expect employers to be doing to identify stress and deal with its main causes.	https://tinyurl.com/y3n9qtnk
	BT case study	How BT engaged with its workforce to tackle mental health at work.	https://tinyurl.com/yyaa4u2c
'Heads Together'	Campaign	Training on tackling mental health stigma.	https://tinyurl.com/n5ypkd8
Healthy Working Wales	Support	Face-to-face, telephone, online and one-to-one support around health and safety, sickness absence and managing health and wellbeing in the workplace.	https://tinyurl.com/y34lsmwn
IOSH	Mental health in the workplace: benchmarking questions	An extended checklist to help organisations check their wellness programmes against best practice.	https://tinyurl.com/y4deuze8
Institute of Directors	Mental health hub	Advice, best practice and resources, especially aimed at SMEs.	https://tinyurl.com/zvhvaga
'Mates in Mind'	Campaign	An initiative to support mental wellbeing in construction. It includes training to make workers more aware of their mental health, and that of their colleagues.	https://tinyurl.com/y3g9ajqz

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Mental Health First Aid England	Wellbeing Toolkit	Advice and training including line manager resource to support employees experiencing mental health issues.	https://tinyurl.com/y2hxofkn
Mind	Employer Toolkit	Resources, tools and case studies for employers.	https://tinyurl.com/ydfapbh6
	Guide to Wellness Action Plans (WAPs)	How employers can use WAPs to promote good mental health at work.	https://tinyurl.com/y3oculbx
	MIND Information and training	Mental health awareness training and guidance.	https://tinyurl.com/y7jqzup
Mind/CIPD	Managing and supporting mental health at work	A-Z guidance for employers and managers on a sensitive and positive approach to mental health at work.	https://tinyurl.com/ybh732pe
NHS England	'Five ways to Wellbeing'	Improving public awareness of mental health.	https://tinyurl.com/bz2dfu2
	Every Mind Matters	Self-help resources to help improve mental health and well-being.	https://tinyurl.com/y2894eez
PA Therapy	Training & consultancy	Putting in place well-being policies; mental health training; breaking the stigma on talking about mental health.	https://tinyurl.com/y5n8tl8n
Remploy	Free fact sheets and toolkit	Mental health awareness. Mental health conditions. Health and wellbeing in the workplace.	https://tinyurl.com/yym6eddw
Rethink Mental Illness	Mental health advice and information	Living with mental ill-health and supporting others.	https://tinyurl.com/yy9b437z
Time to Change	Mental health awareness training and guidance	How to create a workplace mental health action plan and other ideas for workplaces.	https://tinyurl.com/y5atbn43
	Awareness/guidance	General advice on supporting good mental health at work.	https://tinyurl.com/j5nwgvn
UK Government	Thriving at Work – the Stevenson/ Farmer Report	Current status and costs of mental health to UK employers. Proposes 6 standards for all employers plus 'enhanced' standards for public sector and large (>500 employees) private firms.	https://tinyurl.com/yy28mfpg
What Works Centre for Wellbeing	Evidence-based guidance	Covers a range of mental health and workplace issues. Includes characteristics of a good job, improving job quality and team working.	https://tinyurl.com/yxlb4xr6