

# Mental Health at Work

## *Further information sheet*

### Introduction

There are many sources of information and advice about mental health at work, and more generally. This sheet brings together some of the most useful, including some that are specific to the Liverpool City Region. It is intended to be read in conjunction with the workplace [mental health section on the Growth Platform website](#).

### Further information for individuals

**Connecting with others and talking about your worries** can be very helpful. This could be with friends or family, or a colleague you trust. If that doesn't feel possible, you could contact a specialist helpline: [the Hub of Hope website](#) can tell you what is available in your area – just enter your postcode.

**Looking after your body** isn't always easy, but there are lots of resources available to help. [Sport England](#) has lots of tips about getting active, including in and around your home. Exercise can improve mood and reduce stress – lots of apps are available to help you get started, such as the NHS '[Couch to 5K](#)' app, and Youtube videos such as [Joe Wicks' series](#) or [Yoga with Adriene](#). The [Yogafinder.com](#) website can help you find classes near you. [The NHS Every Mind Matters](#) page provides advice for people having trouble sleeping.

**Everyone experiences anxiety and stress**, and sometimes to such an extent that it interferes with everyday life. The NHS has many resources available to help, including on its [Every Mind Matters page](#), [breathing exercises](#), and information about [mindfulness](#). The 'Circle of Influence and Control' can be used to help manage feelings of being out of control. The Health and Safety Executive has produced a four page [guide to reducing stress at work](#), for employees.

**Cheshire and Merseyside NHS** has an online [resilience hub](#) with lots of resources, available to all its staff.

**Helping others** can be rewarding and improve a person's mood. It could be as simple as reaching out to friends and family to help with something or volunteering with an organisation. [Do-it.org](#), [Charity Job](#) each have lists of live volunteering opportunities you can search, and the National Council for Voluntary Organisations site can help you [find your local volunteer centre](#).

Those who are **working from home** a lot find it can present its own challenges, especially for those who are doing this for the first time. It can be very easy for the lines between work life and personal life to blur, with people feeling that they can never fully relax. [Mental Health at Work](#) and [The Safety & Health Practitioner](#) each provide advice to help with this.

**Mind** provides a range of advice and support intended to help [take care of yourself at work](#).

The [Qwell](#) service provides anonymous treatment and mental health support for residents of **Liverpool**, via an online secure platform.

The [OK TO ASK](#) campaign is intended to help people in **St. Helens** prevent suicide, by helping them spot and recognise the signals that someone might be thinking of ending their life, and what to do about it.

The [shout](#) text support service provides free, confidential and anonymous support to those struggling to cope. Text 85258 from anywhere in the UK.

## Further information for businesses

The **Chambers of Commerce** in the Liverpool City Region can provide advice and support on a range of workplace wellbeing issues, including on business responsibilities, appropriate policies and training. You can find out more, including contact details, through the links below:

- [Halton Chamber of Commerce & Enterprise](#)
- [Knowsley Chamber – Working Well](#)
- [Liverpool & Sefton Chamber](#)
- [St. Helens Chamber](#)
- [Wirral Chamber](#)

**Mind and the Federation for Small Business** have produced a three page '[Taking Care of Business](#)' guide for employers, including facts and practical tips.

The **CBI** has produced a [factsheet](#) to help you understand the key principles for supporting your employees' mental health.

The **Chartered Institute of Professional Development** has a [mini-site on mental health in the workplace](#), with lots of factsheets on individual topics, with links to videos and further information. CIPD also has a [free-to-download poster](#), with advice for what to do and what do about mental health in the workplace.

**Mental Health First Aid England** has resources and [info packs for workplaces, and special guidance for line managers](#) (as well its core training, covered Growth Platform website).

**Acas** has a range of [resources for employers and employees](#), including on rights and responsibilities, and including [a framework for positive mental health at work](#). It also [runs training sessions](#), online and in-person.

**Mind** provides a range of support to help [take care of your staff](#), including free resources, training courses, action plans and booklets.

**Business in the Community** has partnered with Public Health England to produce a Mental Health Toolkit for employers.

The Time to Change Employer Action Plan provides a template for businesses to use to help tackle stigma and discrimination about mental health in the workplace.

*The information provided is meant as a general guide only rather than bespoke advice. Growth Platform does not guarantee its accuracy or completeness and professional advice should be sought where necessary. Use of this information is entirely at the risk of the user. Any hyperlinks from this document are to external resources not connected to Growth Platform and Growth Platform is not responsible for the content within any hyperlinked site.*