



# WORKING MINDS

## MAKE IT ROUTINE

REACH OUT → RECOGNISE → RESPOND → REFLECT



Back to: [Campaigns](#)

## HALF OF WORK-RELATED ILL HEALTH IS DOWN TO STRESS, DEPRESSION OR ANXIETY. FIND OUT HOW AND WHY YOU SHOULD TACKLE IT.

There are three main reasons employers should look to prevent work-related stress and support good mental health; it's the law, it's good for business and it's the right thing to do.

Whether you're a small business or a large corporation, the law requires all employers to prevent work related stress to support good mental health in the workplace. Failing to manage stress at work can cost employers in reduced productivity, sickness absence, or even losing a valued member of the team.

The Working Minds campaign brings together a range of tools and support to help businesses and workers understand the best ways to prevent work related stress and encourage good mental health.



The bitesize online learning is made up of six short modules that guide you step by step, with helpful tools and practical resources. You'll come away with an understanding of what the law requires of employers and what you need to do to be compliant. Learn something new, refresh your existing knowledge or share with others to spread the word and help drive change across Britain's workplaces. [Register and get started today.](#)

**ACCESS ONLINE LEARNING**

Interactive tool for employers, business owners and line managers

**ONLINE LEARNING**

**BECOME A CHAMPION**

Resources and support

**HSE**

**STRESS INDICATOR TOOL**  
Online survey free to pilot for up to 50 employees

**RISK ASSESSMENT**

**EMPLOYERS**

**PREVENT STRESS AND SUPPORT GOOD MENTAL HEALTH AT WORK**

**REACH OUT**  
Start a conversation - the first step towards preventing work-related stress and supporting good mental health.

**RECOGNISE**  
The signs of stress in individuals and teams. There are six main areas that may cause issues if not managed well.

**RESPOND**  
Action points and solutions should be agreed together between employers and workers.

**REFLECT**  
Monitor and review the actions you've taken, or not taken in some cases.

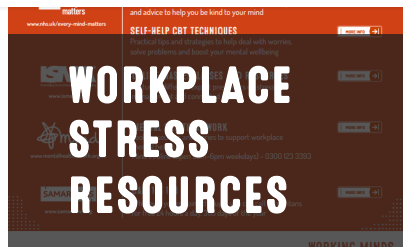
**MAKE IT ROUTINE**  
Ask more people who have experience of mental health and stress. Together, we can make talking about...

**DOWNLOAD THE POSTER**

**RESOURCES FOR WORKERS**

**PODCAST**

**LISTEN TO OUR PODCAST**



## LEARN MORE ABOUT THE WORKING MINDS CAMPAIGN

The Working Minds campaign has been created by the Health and Safety Executive (HSE), Britain's national regulator for workplace health and safety is committed to improving the health of workers brings together a wealth of partners. Watch the short video to get up to speed:

About HSE's Working Minds campaign



## WORKING MINDS CAMPAIGN PARTNERS



acas working  
for everyone





---

# Homecare Association















Work Right

This site uses cookies to improve your experience. By continuing to browse the site, you are agreeing to our use of cookies.

Accept

## COOKIE AND PRIVACY SETTINGS

Accept settings

Hide notification only