WORKING MINDS
CHAMPION CHECKLIST
Help raise awareness to prevent work-related stress and support good mental health

SIGN UP TO THE MONTHLY UPDATE

The first step is easy, sign up to become a champion and receive a monthly update via email. Each month we'll share information, fresh topics and a link to digital resources and downloads.

SIGN UP

BOOKMARK THE RESOURCE HUB

Make the champions resource hub a 'favourite' in your web browser so you can dip in and out when you need to access assets and social graphics.

OPEN HUB

YOUR MISSION

Tackling stress at work isn't just the right thing to do, it's a legal obligation. Many people still do not know that **employers have a legal duty** and that it should be included as part of health and safety risk assessments. If there's one thing you can do as a champion, manager or good colleague, it's to help raise awareness of this.

THE KEY FACTS

There are **three main reasons** employers should be looking to prevent stress and support good mental health in business: i**t's the law, it's good for business and it's the right thing to do.**

No matter where you work, **the law requires all employers to take steps to prevent and tackle work related stress** to support good mental health in the workplace by doing a risk assessment and acting on it.

Mental health is the **number one reason for work related illness** in the UK and is on the rise. The total annual cost of poor mental health to UK employers has increased by 25% since 2019.

Taking action can help retain staff, reduce sickness absence, boost morale and improve productivity.

SUPPORT AND SHARE ANY WAY YOU CAN

Use whatever routes you can – share social media posts, share with your manager or employer, write an intranet or newsletter article, bring it up at team meetings or share information with your networks. Talking about stress & mental heath at work removes stigma and makes it easier for others to speak up.

QUICK WINS

→ Make sure your employer is aware of the legal requirements **FIND OUT MORE**

→ Download a risk assessment template and examples to get started **DOWNLOAD**

→ Download a Talking Toolkit to help line managers structure conversations **DOWNLOAD**

→ Print out / share the resources round up **DOWNLOAD**

→ Print out / display the 5 steps poster **DOWNLOAD**

→ Encourage others to sign up and support.