

Are you a manager?



**The Charity for
Civil Servants** **for you
by you**

Are you responsible for staff?

Being a manager can be a fulfilling job, but it can also be a difficult one, because things don't always go smoothly in the workplace.

Nobody can predict life's twists and turns, whether it's an unexpected event or something longer term, such as a caring responsibility. A stressful situation can impact the morale and performance of someone you manage.

How can we help?

We support all civil servants, past and present, when times are tough, listening without judgement and offering practical, financial and emotional support.

When you refer your staff to us you can do so with the confidence that we'll do our best to help. And your staff will be more confident in their ability to deliver, knowing they have your support within the workplace.

We're here

to offer information, support and advice to help you and your staff with:

- **Money**
- **Stress & Anxiety**
- **Caring**
- **Depression**
- **Relationships**
- **Mental Health**

Support from The Charity for Civil Servants can help:

- **Reduce staff stress and anxiety**

Work-related stress, depression or anxiety accounted for 40% of work-related ill health and 49% of working days lost, in 2016/17*.

- **We help keep your colleagues in work when their personal lives become unmanageable**

In 2017, we made 85 payments to people to help them get away from domestic abuse.

- **Develop staff skills**

In 2017 we recruited over 100 more volunteers.

- **Meet your organisation's Wellbeing Agenda**

People perform at their best when they are happy and motivated.

With your support, a referral to the Charity could help them through a tough time.

128 people attended Mental Health First Aid training in 2017 put on by the Charity, and 605 people were allocated a place on the online Mindfulness course from BeMindful Online.

In 2017:

- **someone accessed or applied for help every 3 minutes**
- **we provided over 1,900 Passports and Statements for carers**
- **we gave £2.5 million in financial help**

* HSE report - Work-related stress, depression or anxiety statistics in Great Britain 2017

If you need to apply for help

visit www.foryoubyyou.org.uk

Or you can call our free confidential helpline

0800 056 2424

If you want to hear about our work

We'd really like to keep in touch with you to give you information about how we can help you; updates about our work i.e. newsletters; fundraising activities; volunteering; donating to us and events.

You can select or change how you would prefer to hear from us or what you would like to hear about by filling in our Keep in touch form at

fyby.org.uk/kit

If you want to contact us

It's easy to get in touch with us by phone, email, post or fax

Telephone: 020 8240 2400

Email: info@foryoubyyou.org.uk

By post: The Charity for Civil Servants, 5 Anne Boleyn's Walk, Cheam, Sutton, SM3 8DY

Fax: 020 8240 2401



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