

Common Mental Health Issues Resources

MHFA England Line Manager's Resource:

https://mhfastorage.blob.core.windows.net/mhfastoragecontainer/5cb8f2fa07a6e8118147e0071b668081/line_managers_resource.pdf?sv=2015-07-08&sr=b&sig=mR6h6nmxsd062zOGBQbv4g3rZVdgHe%2BUhJ3ZsaHfjW0%3D&se=2018-09-21T14%3A28%3A12Z&sp=r

This is produced by MHFA England so any reference to health and social care will be England specific. However, the general guidance is easily transferable.

Stress Management Competency Indicator Tool: <http://www.hse.gov.uk/stress/mcit.pdf>

This is a self-assessment tool developed in England by the Health and Safety Executive (HSE), Investors in People (IIP) and chartered Institute of Personnel and Development (CIPD). As it is a self-assessment tool, we think it could be useful to anyone across the nations who is wanting to look at how their management style may impact on the people in their team.

Mental Health First Aid organisations across the nations

MHFA England: <https://mhfaengland.org>

Scotland's MHFA: <http://www.smhfa.com>

MHFA Wales: <https://mhfa-wales.org>

MHFA Northern Ireland: <https://www.aware-ni.org/mental-health-first-aid.html>

Charity for Civil Servants Website Information

There is a range of information on our website and on the Wellbeing Hub. This is a link to information for staff and managers but it is worth familiarising yourself with what is available to enable you to better support those you manage:

<https://www.foryoubyyou.org.uk/our-services/wellbeing>

Downloadable booklets from the Charity for Civil Servants:

There are a range of publications you can download from our website, developed in partnership with the Mental Health Foundation. The most useful to you as managers may be How to Support Mental Health at Work but there are five other publications about specific issues to do with mental health and wellbeing which may be useful for you and/or your staff. You will find all these and more on our Wellbeing Hub.

<https://wellbeing.foryoubyyou.org.uk>

A Guide to Wellness Action Plans in the Workplace by Mind

The Civil Service will have a number of tools for recording the needs of staff experiencing stress, anxiety and depression as well as other mental health conditions. This is information from Mind about one way of supporting staff and recording their needs:

<https://www.mind.org.uk/media/1593680/guide-to-waps.pdf>.

Mind covers England and Wales, but this is relevant information to all.

Mind Mental Health at Work Gateway:

<https://www.mentalhealthatwork.org.uk/?ctaId=%2Fworkplace%2Fmental-health-at-work-gateway%2Fslices%2Fintro%2F>

This Gateway is newly launched and has a wide range of resources. They describe it as: *your gateway to documents, guides, tips, videos, courses, podcasts, templates and information from organisations across the UK, all aimed at helping you get to grips with workplace mental health.*

Mind covers England and Wales but much of this information will be relevant to all.

Ending Mental Health Stigma and Discrimination

Time to Change (<https://www.time-to-change.org.uk>)

Time to Change Wales: <http://www.timetochangewales.org.uk>

See Me (Scotland): <https://www.seemescotland.org/workplace>

Change Your Mind NI: <https://www.changeyourmindni.org>

Royal College of Psychiatrists information on Work and Mental Health

(<https://www.rcpsych.ac.uk/usefulresources/workandmentalhealth.aspx>)

This also has a link to resources for Wales, Northern Ireland and Scotland.

NHS Choices Mood Zone (<https://www.nhs.uk/conditions/stress-anxiety-depression>)

The Mood Zone has lots of useful information and resources about stress, anxiety and depression.

Link to information about future webinars run by the Charity for Civil Servants:

<https://www.foryoubyyou.org.uk/our-services/help-and-advice-webinars>

Please do share this link

