



MENTAL HEALTH AND WELLBEING CHECKLIST

Today all employers have a legal duty of care to their employees. This means they should take all steps possible to protect their mental wellbeing and provide support when needed.

Your responsibilities

These are the core standards for a healthy workplace as set out in a recent government report - Thriving at Work: the Stevenson/Farmer Review of Mental Health and Employers.

Use this ticklist to see where you are	Started	Complete	Not started
I have produced, implemented and communicated a mental health at work plan			
I am promoting mental health awareness among employees			
I am encouraging open conversations about mental health and the support available			
I am providing employees with good working conditions, ensuring they have a healthy work life balance			
I am promoting effective people management, ensuring all employees have a regular conversation about their health and wellbeing			
I routinely monitor employee mental health and wellbeing in my workplace			

For support and more information on these standards

Visit: [sja.org.uk/workplacewellbeing](https://www.sja.org.uk/workplacewellbeing)

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