

EMPLOYMENT & MENTAL HEALTH



acas working for everyone

Acas provides employers and employees with free, impartial advice on all aspects of workplace rights and best practice. They also support with conflict resolution and conciliation to resolve workplace disputes.



Website

MENTAL HEALTH AT WORK

Mental Health at Work provides documents, guides, tips, videos, courses, podcasts, templates and information from organisations across the UK, all aimed at supporting employers and employees with workplace mental health.



Website

time to change

let's end mental health discrimination

Time To Change provides activities for your workplace to help challenge misconceptions, start conversations and change attitudes around mental health.



Website

citizens advice

Citizens advice can help you know your rights when facing difficulties at work. For example, they provide information on grievances, conciliation, disciplinary meetings or discrimination at work.



Website

Remploy

Putting ability first

Funded by the Department for Work and Pensions they give free support to employees with mental health issues affecting their work. For example they provide work-focused mental health support, support plans, ideas for workplace adjustments and other practical advice.



Website



The mental health charity Mind has a dedicated website section on workplace mental health, offering both employers and staff guidance on how to support others and themselves.



Website