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## Promoting Good Mental Health in the Workplace:

Using risk management resources from HSE including a new qualification and training offer developed with NEBOSH.



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## Engaging Employers in Preventing Mental Ill-health

Work-related stress is a priority health topic for HSE and features prominently within its Health and Work Strategy. Recognising the signs of stress and then acting on it, will help employers to take steps to prevent, reduce and manage stress in the workplace. This strong focus on worker health and safety, in turn, benefits organisational performance.

HSE launched its national campaign: [‘Working Minds’](#) in November 2021. It calls for a culture change across Britain’s workplaces to get employers to recognise and respond to the signs of stress, making it as routine as managing workplace safety.

HSE offer products and services that help organisations mitigate the risk of stress. HSE has a range of practical support and guidance including a [risk assessment template](#), a [talking toolkit](#) to help start conversations, a [workbook that provides step by step guidance, posters](#), a [mobile app](#) and an [automated stress indicator tool \(SIT\)](#). For more information visit [www.hse.gov.uk/stress](http://www.hse.gov.uk/stress)

**More useful links on the next page...**

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## Useful links

HSE regularly send out free updates, event invitations and news via e-bulletins. You can sign up to the [HSE Training and Events updates here](#) or [HSE Stress updates here](#).

You can read more about products and services, such as training and the Stress Indicator Tool on the [Solutions from HSE](#) website.

For guidance: [hse.gov.uk/stress](https://www.hse.gov.uk/stress)

- [Overview](#)  
How employers can protect workers from stress at work
- [Causes](#)  
Six main factors that can lead to work-related stress
- [Signs](#)  
Signs of stress in teams and workers
- [Managing risk](#)  
How to do a stress risk assessment

For publications and products: [books.hse.gov.uk](https://books.hse.gov.uk)

[Stress Indicator Tool \(SIT\) \(hse.gov.uk\)](#)

[Download our work-related stress guidance catalogue \(pdf\)](#)

For training courses: [HSE Training and Events](#)

[NEBOSH HSE Certificate in Managing Stress at Work](#) is a new one-day qualification that gives organisations a solid foundation from which to work from. It will help learners to understand the factors which can cause stress, introduce them to the Management Standards (MS) and help them to establish a framework to take a preventative approach to addressing stress in their workplace.

[Work-Related Stress: Developing Manager Capability](#) is aimed at those who already have a solid understanding of the MS approach and wish to practically apply their knowledge and reflect and improve on their own skills and working practices.

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