

Staff well-being policy

Work plays a strong role in our mental health and well-being, but can also make us unwell, hence we need to make sure all our staff are supported. We can achieve this by;

- Making the working environment a supportive place where work place demands are monitored.
- The team must support each other, so team work is more effective.
- Strike a balance between results, performance and work load.
- Offer a time and place to express your mental health and well-being.
- Give employee's information about mental health awareness.
- Have twice a term meeting to discuss issues.
- Provide stress busting and social events.
- Offer staff flexible working patterns if advised by their GP.
- Establish good two-way communication to ensure staff involvement, particularly during periods of change.

This policy was adopted at a meeting of the setting on (date).....

Signed on behalf of the setting.....