

Health & Wellbeing Resources *for employees*

Anxiety & Stress due to personal reasons

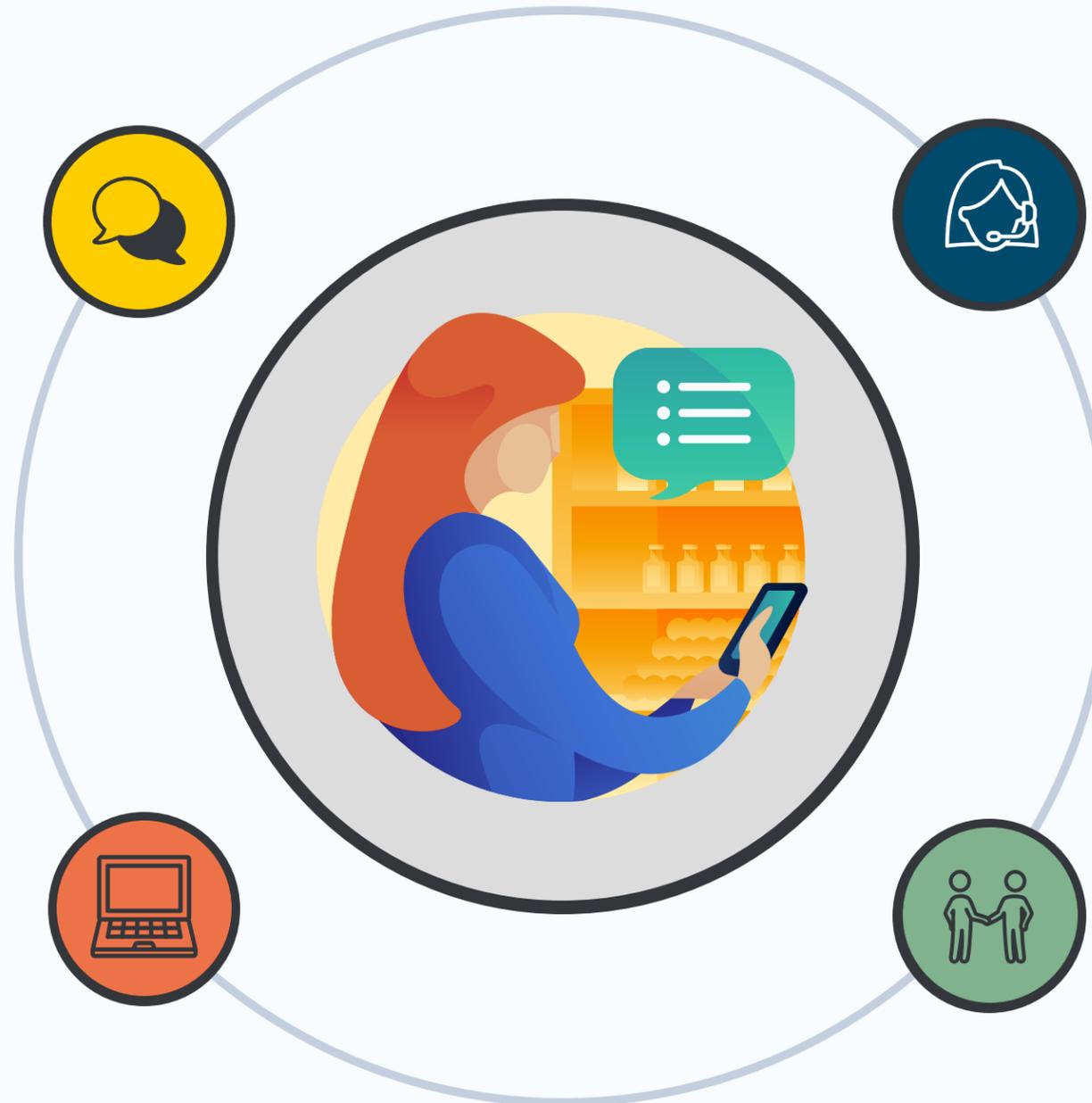
We all have mental health and at some point, life or work events may cause us to have some negative health and wellbeing issues. The university wishes to be a supportive environment for colleagues when they are experiencing negative mental health and wellbeing and there are a number of ways colleagues can seek and receive support. A number of common health and wellbeing scenarios have been presented which aim to provide colleagues with a pathway to seeking and receiving support.

1:1 Meeting

During a 1:1 with your Line Manager there will be opportunity for a Wellbeing Conversation and this is the time to highlight any health and wellbeing issues. If there is not a Wellbeing Conversation section during the 1:1, ask for it. During the conversation, your Line Manager will discuss possible reasonable adjustments or may refer you to Occupational Health allowing for an opportunity to speak to a OH practitioner who may suggest counselling.

Internal Resources

Silvercloud: free online training to support your mental health and wellbeing covering various courses allowing you to support your worries at your own pace such as money, sleep and also resilience course
Togetherall: free online anonymous mental health support any time, any day with clinically trained professionals. Also includes a wide range of self-guided courses to do at your own pace.
Colleagues can also refer to the Stress-Employees Guide for support



[Intranet Health & Wellbeing Home Page](#)

Employee Assistance Programme

MCL Medics is the University's Employee Assistance Programme and they provide a free, confidential and independent resource to help employees balance their work, family and personal lives providing advice, information and assistance on a range of topics. Also provides access to a self referred counselling service allowing the employee to speak to a counsellor directly. Follow the steps on the webpage to access this resource. Colleagues are also encouraged to speak with their GP about their feelings of anxiety and stress

Mental Health Champion Network

Make contact with a dedicated Mental Health Champion who is a point of contact for an employee who is experiencing a mental health issue or emotional distress, helping them get appropriate help, and also provide early intervention. They are Scottish Mental Health First Aid trained or Applied Suicide Intervention Skills Trained. A Champion will provide a listening ear. The Champion will likely signpost to internal and external resources.