

Financial Wellbeing

We all have mental health and at some point, life or work events may cause us to have some negative health and wellbeing issues, and the university wants to be a supportive environment. The role of the Line Manager is important in providing positive support and we wish to ensure our Line Managers know where to get support so they can signpost accordingly. A number of common health and wellbeing scenarios have been presented which aim to provide Line Managers with a pathway to help them support their team(s). The [Mental Health & Wellbeing in the Workplace Guidance for Managers](#) document is also a helpful tool for Line Managers.

Internal Resources

The University offers a number of financial wellbeing options:

[Salary Finance](#) is an employee benefit to help improve financial wellbeing and happiness in the workplace. It provides access to affordable, salary-deducted loans and saving options.

[First Scottish University Credit Union](#) offering staff saving options.

[Santander Universities Network](#) offering staff flexible ISAs.



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, including financial support and legal advice. 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.

External Resources

There is a number of external support agencies and charities who provide dedicated support to those who are experiencing money worries/debt. Refer to [Money Advice Scotland](#) who offer confidential advice concerning debt or [Support in Mind](#) who run a dedicated [Mental Health and Money Advice Service](#) in Scotland .

[Intranet Health & Wellbeing Home Page](#)