Healthy Working Life

West Yorkshire Health and Care Partnership

In Partnership With

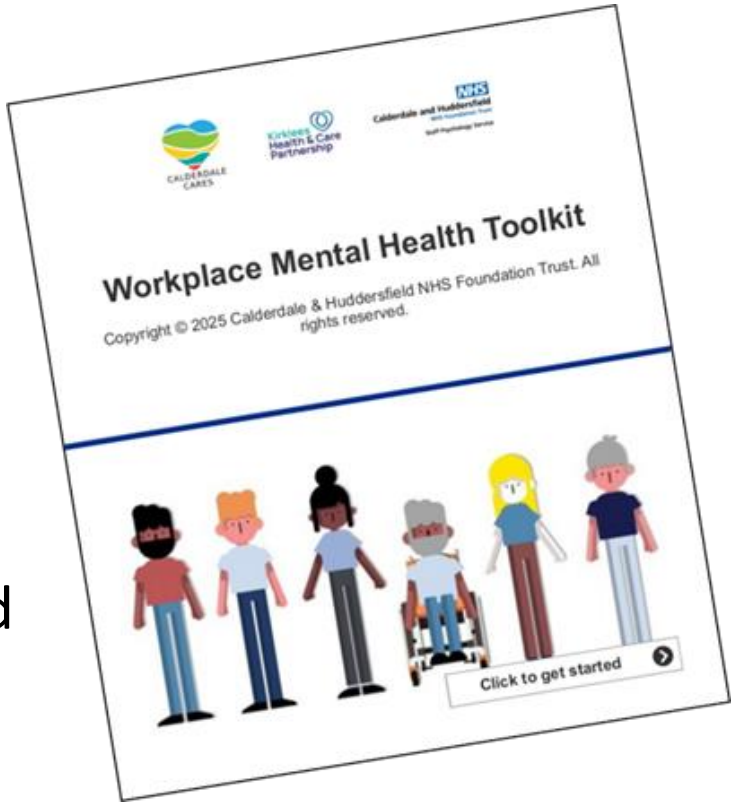
NHS
Calderdale and Huddersfield NHS Foundation Trust
Staff Psychology Service

Workplace Mental Health Toolkit ©

Do you work in health and care in West Yorkshire?

Are you feeling out of balance with your **mental health**?

Or do you want to feel prepared for a time when you might?



We know access to tailored mental health support can vary depending on your role and sector. This online toolkit ensures every colleague working in health and care in West Yorkshire can access tailored mental health support, at their own pace

Click here **or** scan this QR code to request access

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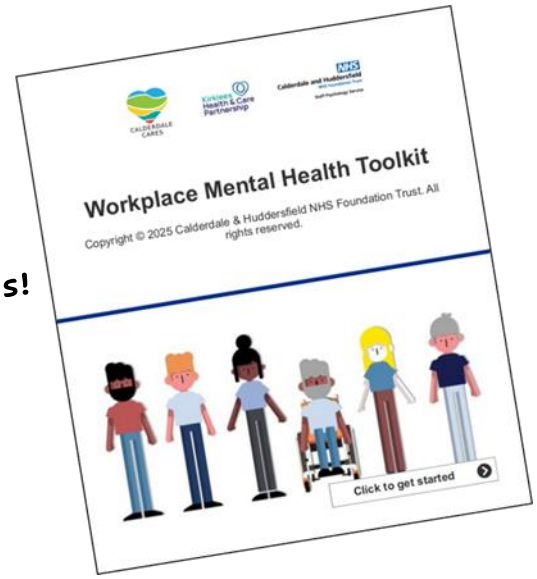

Common Questions!

"WHAT IS THE TOOLKIT?"

Think of it like a **digital book that's free** and tailored to people in health and care jobs. It's got **6 chapters**, which each focus on a different aspect of mental health including **low mood, anxiety, distressing events and workplace relationships**

"WHO IS IT FOR?"

Anyone who works in West Yorkshire in a health and care role, including NHS, local authority, private & VSCE organisations.

"HOW DO I USE IT?"

However, you want! Colleagues **receive access for 2 months** - we recommend starting with the first chapter. There are embedded **videos, audio and worksheets** to give you options for learning. We're interested to learn about how you use it

"WHO MADE IT?"

The toolkit was written by a **Clinical Psychologist** who specialises workplace health

"WHERE DO I FIND IT?"

The toolkit is being further developed. To understand what is working well and what needs some work, we kindly ask that you share some brief details with us before and after you use the Toolkit. **We will take care of your data**, for more details scan this code.