



Southern Area AIPB
Mental Health Task and Finish Group

Mental Health & Wellbeing at Work

A resource for employees and employers



Education

Learn more about what you are feeling.

➤ NHS self-help guides

Guides on stress, anxiety and low mood, with audio, easy-read and website language tools.

➤ Stress Control online

Booklets, short videos and relaxation tracks on stress, sleep and panicky feelings.



Self-care

Choose one small action that works for you.

➤ Calming skills

Breathing and grounding for anxious moments.

➤ Take 5 steps

1. Connect,
2. Keep learning,
3. Be active,
4. Take notice
5. Give



➤ Verve Healthy Living Network

Explore local ways to move, meet others and feel connected.



Awareness

Know where to turn and share it with others.

➤ Finding Help Directory of Services

Directory of local services and helplines. Sort by council area.

➤ Labour Relations Agency

Supporting mental health in the workplace – resources for employers and employees

Need someone to talk to?

Lifeline NI

0808 808 8000

24 hours a day, 7 days a week

Immediate danger: call 999

