STRESS – WHERE TO GO FOR HELP

Aware of feeling stressed (see Appendix 2 for identifying signs of stress in self)

People around you such as family, friends and colleagues comment on you appearing tense and irritable, etc.

Think about the elements that are causing you to feel like this. Consider the support available. Talk to someone.

Work related issues

Work related issues

Talk to line manager or HR if not appropriate to talk to line manager

Make your line manager aware. They may be able to offer you support. Discuss with friends and/or family.

Complete Stress Risk Assessment tool (Appendix 1)

Look at information about stress (Appendices 2 & 3) and sources of support via ‘Looking After You’ section on the Intranet i.e. Stress & Mental Ill Health Toolkit

Identify courses of action to address stressors and reduce them to their lowest practicable level

Consider consulting your GP, Occupational Health, EAP or your Line Manager

Use additional sources:
- Human Resources
- Occupational Health
- EAP
- Trades Union
- Freedom to Speak Up
- Staff Engagement Champions
- Anti-Bullying Ambassadors

Review and evaluate