

# Employee Supports (please note this list is not exhaustive)

## Employee Wellbeing

- [Financial wellbeing resources/advice](#)
- [Walking meetings](#)
- [Links to dietary advice](#)
- [Cycle to Work scheme](#)
- [Advice on breathing exercises](#)
- [Stress management policy](#)
- [I – resilience tool](#)
- [Healthy Working Lives Training](#)
- [Heads Up website](#)
- [Mental Health Webinars for Managers](#)
- [Discounted leisure membership](#)

## Work Environment

- [Flexible working](#)
- [Special leave](#)
- [Disability leave](#)
- [Carer's leave](#)
- [Disability Passport](#)
- [Learning environment](#)
- [Workplace of the Future](#)

For further details please contact your line manager, HR or your Trade Union Representative. Alternatively you can visit the Employee Wellbeing intranet pages.

Self  
development  
and  
Ownership

## Specialist support

- [Occupational Health](#)
- [Physiotherapy](#)
- [Employee counselling service – PAM Assist](#)
- [Cognitive Behavioural Therapy](#)
- [Access to work \(physical and mental health\)](#)

Partner organisations (MacMillan, DACA, CARA )

## Open Communication

- [Be the best conversations](#)
- [Leadership Development](#)
- [Employee Recognition awards](#)
- [Intranet](#)
- [Simply Thank You](#)
- [Ask the Chief Executive](#)
- [Back to the Floor](#)

