Acas framework for mental health at work



Employers

are visibly committed to positive mental health

Our shared goal: positive wellbeing and productive workplaces

shared goal

Managers
are informed
and open to
conversations
with their staff

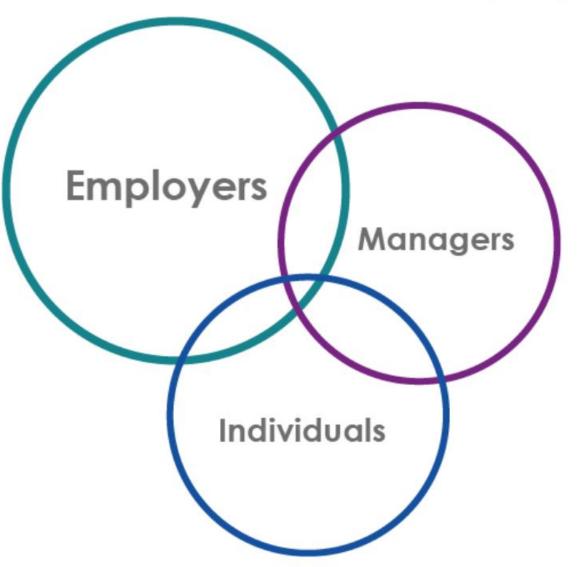
Individuals

are self-aware and ask for help when needed



Employers

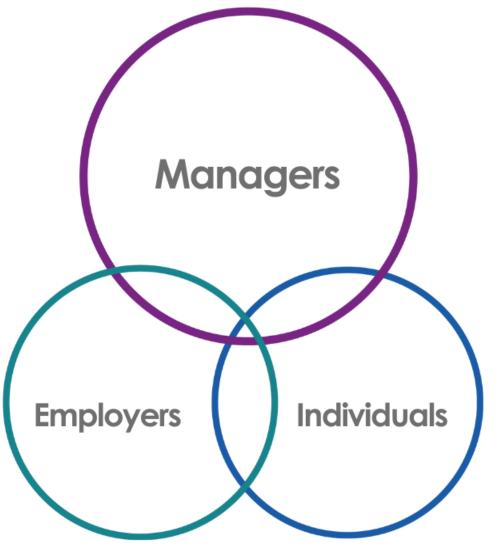
- Lead and embed a wellbeing strategy
- Reduce stigma
- Tackle the causes of workplace stress
- Support and train managers
- Understand the impact personal issues can have on mental wellbeing





- Build rapport
- Plan work with people in mind
- Have confidence and knowledge in managing mental health
- Handle difficult conversations effectively
- Support work-life balance







dcds
working for everyone

- Look after their own wellbeing
- Use positive coping strategies
- Identify personal stress triggers
- Engage with line managers
- Take notice and support colleagues

