



Action plan

Work towards the delivery of the Wellbeing Strategy and the overarching aim to create a mentally healthy workplace and to embed a positive wellbeing culture across the organisation.

Ensure the right support is in place.

Wellbeing hub on intranet	Occupational Health	Employee Assistance Programme 0800 1116387
Mental health awareness	The Firefighters Charity 01256 366566	Samaritans 116 123
Healthshield	TRiM	NHS 111
Exercise	Shout text service 85258	External counselling via Occ Health
Mindfulness		
Awareness days		
Campaigns		

Action	Timeline	Owner
Roll out of mental health awareness training for all (managers and all staff)		
Review of mental health and wellbeing support signposting (ensuring the processes are correct and result in the appropriate support)		
Evaluation of the Occupational Health Unit		
Creation of a Wellbeing Committee following evaluation of Occupational Health Unit		
An in depth review and evaluation of Trauma Risk Management or TRiM		
Add case studies to the Wellbeing Hub		