

Where to go for further information:

1. To find out more about mental health:

Mind- <https://www.mind.org.uk/>

Mental Health Foundation- <https://www.mentalhealth.org.uk/>

2. Advice on talking about mental health:

Time to talk- <https://take-time-to-talk.com/>

Encouraging a conversation about mental health at work- [https://www.time-to-change.org.uk/sites/default/files/2.%20Tool Starting the Conversation.pdf](https://www.time-to-change.org.uk/sites/default/files/2.%20Tool%20Starting%20the%20Conversation.pdf)

ACAS managing challenging conversations- <http://www.acas.org.uk/media/pdf/0/d/Challenging-conversations-and-how-to-manage-them.pdf>

ACAS managing challenging conversations (checklist version)- [http://www.acas.org.uk/media/pdf/3/t/Table-Challenging conversations and how to manage them APRIL-2012.pdf](http://www.acas.org.uk/media/pdf/3/t/Table-Challenging%20conversations%20and%20how%20to%20manage%20them%20APRIL-2012.pdf)

3. Where to find support and access treatment:

NHS- <http://www.nhs.uk/livewell/mentalhealth/Pages/Mentalhealthhome.aspx>

4. Professional advice and support:

CIPD (Chartered Institute of Personnel and Development)- <https://www.cipd.co.uk/>

IOSH (Institution of Occupational Safety and Health)- <https://www.iosh.co.uk/>

HSE (Health and Safety Executive)- <http://www.hse.gov.uk/>

ACAS (Advisory, Conciliation and Arbitration Service)- <http://www.acas.org.uk/index.aspx?articleid=1461>

DRC (Disability Rights Commission)- <http://www.drc.org.uk/>

5. Managing mental health at work:

ACAS Managing staff absence guide- <http://www.acas.org.uk/index.aspx?articleid=4199>

ACAS Mental health at work guidance- <http://www.acas.org.uk/index.aspx?articleid=1900>

Mental Health Foundation guide on managing mental health in the workplace- [https://www.mentalhealth.org.uk/sites/default/files/CR00233 Ebook dualbranded interactive.pdf](https://www.mentalhealth.org.uk/sites/default/files/CR00233%20Ebook%20dualbranded%20interactive.pdf)

Fit for Work- <http://fitforwork.org/employer/>

Access to Work- <https://www.gov.uk/access-to-work/overview>