

Workforce Health

... as employer at HCC and learnings

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Pre Pandemic

- Wellbeing initiatives in place including:
- Employee Assistance Programme
- Mental Health First Aiders
- Employee Benefits: Financial Advice, Wellbeing Discounts, Salary Sacrifice
- Roadshows, Health Assessments, Classes, Lunch Clubs, Walks, Holistic Therapists.....
- Employee Support Groups

i-Learn Courses


RESILIENCE & WELLBEING



**MENTAL HEALTH
& WELLBEING**



**MINDFULNESS &
MEDITATION**



**PERSONAL
RESILIENCE AT WORK**



**RESILIENCE
& WELLBEING**


MANAGING EFFECTIVELY



DEVELOPING PEOPLE



GIVING FEEDBACK



**MENTAL HEALTH
AT WORK**

Pandemic Changes...

Online Wellbeing Centre

- **Move** – a different range of exercise videos and articles to help achieve your fitness goals and to improve your physical health
- **Munch** – browse through a collection of deliciously simple recipes and a ‘recipe of the day’ to improve your physical wellbeing
- **Money** – expert guides and tips to help you manage money better and improve your financial wellbeing
- **Mind** – a collection of mindfulness videos and tips to reduce stress, increase productivity, help you sleep better and improve your mental



INTERNAL

EXTERNAL

Occupational Health
 Call: 01992 588750 or
 email: ohunit@hertfordshire.gov.uk
 Intranet > Departments and Partners > Resources >
 Human Resources > Occupational Health

Mental health and wellbeing courses **iLearn+**

Wellbeing Centre
 Can be accessed via Herts Rewards

Health and Wellbeing pages
 Intranet > Departments and Partners > Resources >
 Human Resources > Health & Wellbeing

EMPLOYEE ASSISTANCE PROGRAMME
www.my-eap.com
 with username: Hertfordshire
 Call **0800 1116 387** anytime

Mental Health Support
 Intranet > Departments and Partners > Resources >
 Human Resources > Health & Wellbeing

MENTAL HEALTH SUPPORT

ALL OF THESE ARE AVAILABLE VIA THE INTRANET

www.giveusashout.org
TEXT: 85285 shout
 Anytime, Anywhere

mind.org.uk - info@mind.org.uk
 Call: **0300 123 3393** or Text: **86463**

Hub of Hope App

NHS
 Hertfordshire Partnership University
 NHS Foundation Trust
 Help in a mental crisis/call
0300 777 0707 which is open 24/7
 email hpft.spa@nhs.net for
 non-urgent enquiries

NHS
 Mental health and wellbeing resources available at

Healthy Hubs in Hertfordshire
 Get free information, advice and support to help you stay healthy and well

Herts Rewards
hertscc.rewardgateway.co.uk

Trauma Support

- Beyond the 'job' roles
- Manager Support Toolkits
- PTSD Pathway

What we Learnt

- Not one size fits all
- Location of Work: Physical v Home
- Move Online? Changing role MHFA?
- Front Line Roles
- Human Approach – authentic leadership
- Honest and Open Comms
- Personal Touch and Case Studies
- Continuous promotion and sign posting

thank you



www.hertfordshire.gov.uk

