

Atrium Wellbeing toolkit (towards Farmer and Stevenson's core standards for work)

Business enablers

Leadership & Management

Data & Communication Healthy working Environment



management

ownership







Wellbeing and

mental health

plan

decision making

Health and wellbeing needs





Engagement with staff



Physical working conditions



Fair and good work design

Wellbeing interventions

Mental health and wellbeing



Mental health support-prevention, self directed support through access to information and resources universal level



Psychological intervention -assessment, coaching and counselling for those who need more help and connections to wider healthcare system



Counselling and psychotherapy

Lifestyle enhancement



Life style coaching -plans agreed for continual improvement in wellbeing and lifestyle to employee's goals.



Lifestyle and work life improvements- plans that enable employee led wider workplace and system conversations and access to tools and resources to sustain progress.