

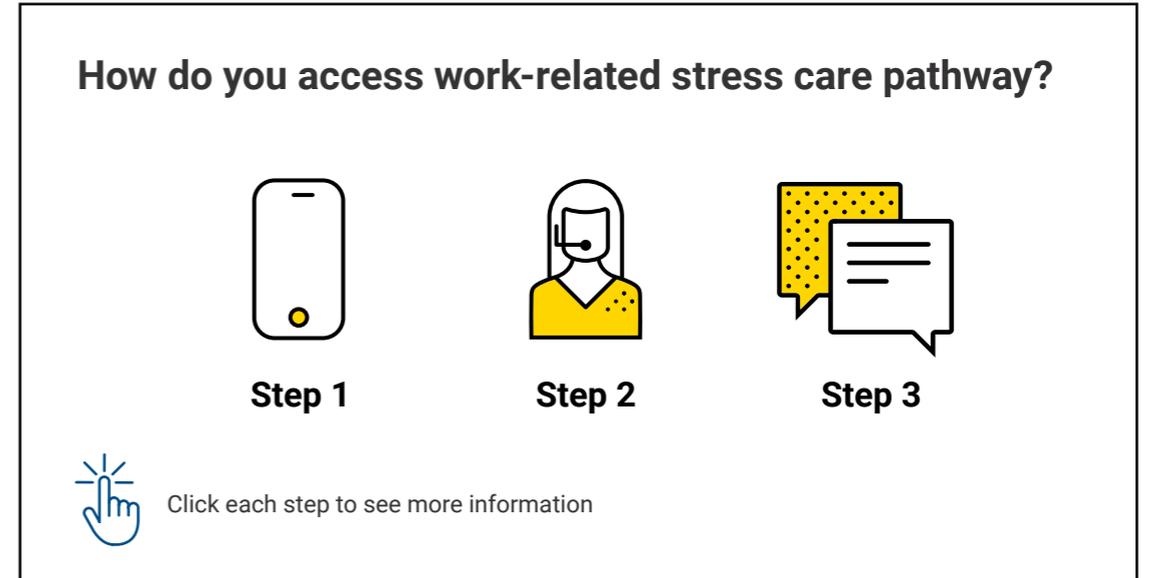
# Work-Related Stress Care Pathway



Helping our Group Income Protection customer's employees access the right support for work related stress, at the earliest opportunity

Each year, stress leads to more than 12 million lost working days. Stress is an emotional state - a little in the workplace can lead to increased concentration and motivation. But if stress becomes too much and continues for too long, this can lead to mental and physical illness. So, looking after employee mental health, as well as being able to spot the signs of stress is something all companies must equip themselves for.

We place the employee at the heart of our approach. If an employee needs help, early intervention enables our team of trained in-house clinicians to find and treat the root cause of absence. Our Work-Related Stress Care Pathway makes accessing the right resources quick and easy, from preventative support for a resilient workforce to tailored care for individuals.



## Support for your business

Click each item to see more information	<b>Training for Line Managers and HR</b>	<b>Mental Health First Aid Training</b>	<b>Contacts for help and signposting</b>	<b>Awareness materials</b>	<b>Return to work plans</b>	<b>Employer visits and reasonable adjustment discussions</b>
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## Support for your employees

Click each item to see more information	<b>Employee Assistance Programme</b>	<b>Line Manager and HR discussions</b>	<b>Clinical assessment to establish work-related stress or mental ill health</b>	<b>Return to work support and planning</b>	<b>Wellbeing resources</b>	<b>Links to support networks</b>
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## How we're supporting workplace wellbeing

### Be Well Hub

Available to all employers, our Be well hub provides access to a range wellbeing resources designed to help you actively manage your employees' wellbeing. Under each of the physical, financial, social and mental health pillars of wellbeing, you'll find:

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We place the employee at the heart of the process. Our tailored training gives line managers the tools to support early intervention, helping them understand the signs, symptoms and triggers of mental ill health. This enables our team of trained professionals to provide early intervention of absence. Our Work-Related Stress Care Pathway provides support for a resilient workforce, from preventative measures to return to work support.

Our tailored training gives line managers the tools to support early intervention, helping them understand the signs, symptoms and triggers of mental ill health.

### How do you access work-related stress care pathway?



**Step 1**



**Step 2**



**Step 3**

 Click each step to see more information

## Support for your business

 Click each item to see more information

Training for Line Managers and HR

Mental Health First Aid Training

Contacts for help and signposting

Awareness materials

Return to work plans

Employer visits and reasonable adjustment discussions

## Support for your employees

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We place the employee at the heart of our approach. If an employee is struggling, it enables our team of trained in-house clinicians to find and offer the right support. The Work-Related Stress Care Pathway makes accessing the right support for a resilient workforce to tailored care for individual employees.

Mental Health First Aid training can equip employers with the skills they need to tackle mental ill health in the workplace and enhance employee wellbeing. It is an evidence-based programme, which can be tailored to your business.

### How do you access work-related stress care pathway?



**Step 1**



**Step 2**



**Step 3**

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## Support for your business

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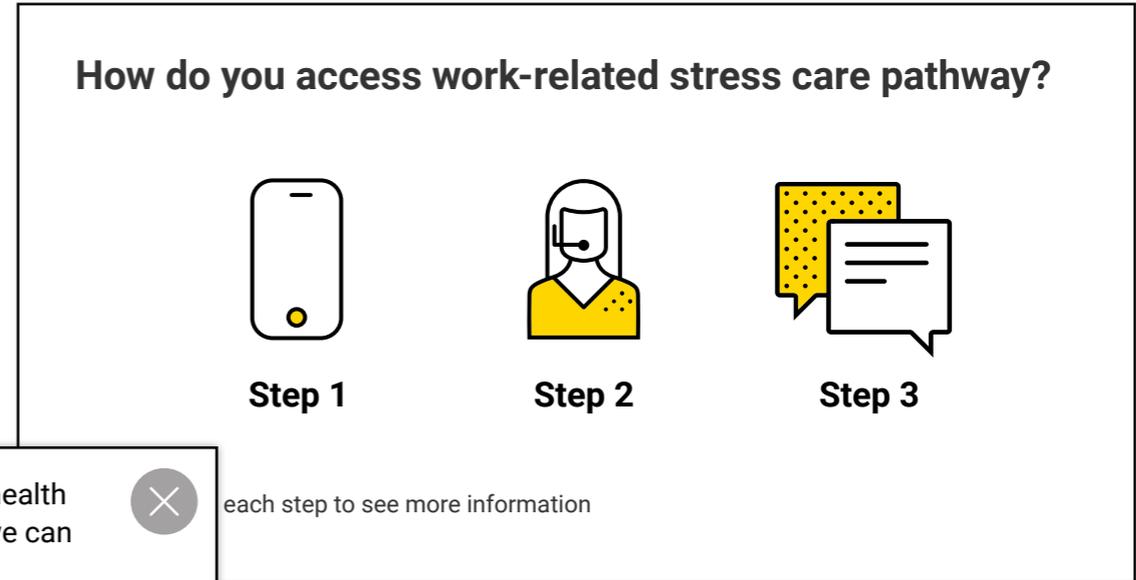
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## Support for your business

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## Support for your employees

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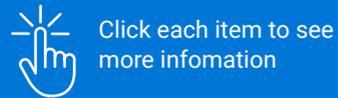


Step 2

Step 3

As part of our relationship with our EAP provider Health Assured, you and your employees can access fact sheets and webinars on a variety of mental and physical health related topics.

## Support for your business



Training for Line Managers and HR

Mental Health First Aid Training

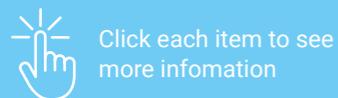
Contacts for help and signposting

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Return to work plans

Employer visits and reasonable adjustment discussions

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Employee Assistance Programme

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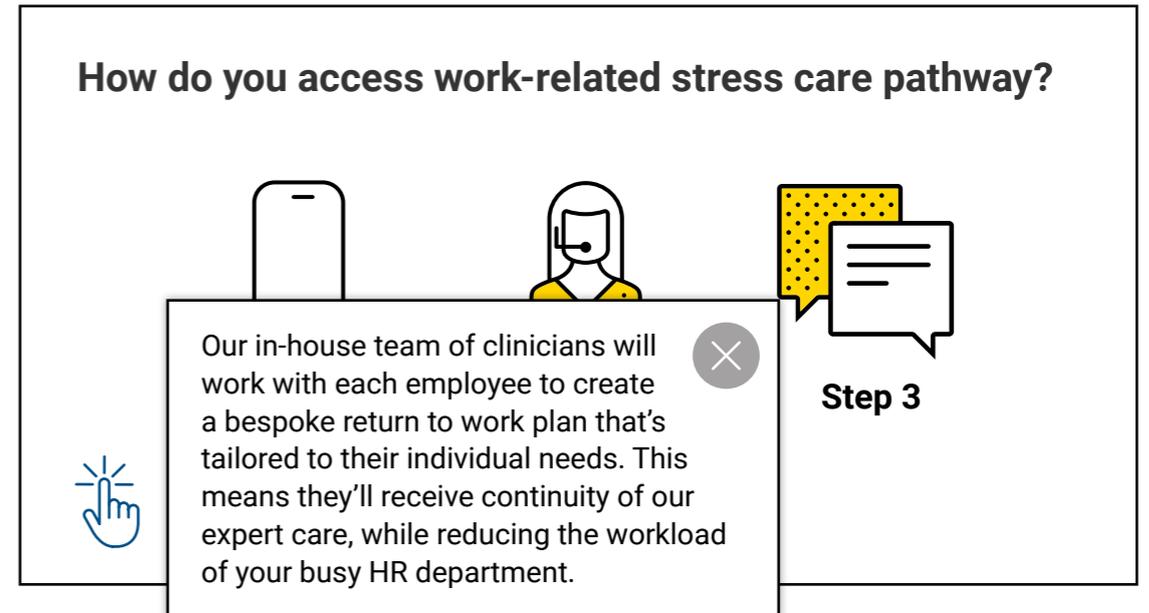
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## Support for your business

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## Support for your employees

Click each item to see more information	<b>Employee Assistance Programme</b>	<b>Line Manager and HR discussions</b>	<b>Clinical assessment to establish work-related stress or mental ill health</b>	<b>Return to work support and planning</b>	<b>Wellbeing resources</b>	<b>Links to support networks</b>
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### How do you access work-related stress care pathway?



**Step 1**





Click each step to see more information

When a case is complex, one of our in-house team will arrange a time to visit you. They will talk to the line manager, ensuring all issues are discussed and reasonable adjustments are in place, so the employee has the best chance of returning to work.

## Support for your business



Click each item to see more information

Training for Line Managers and HR

Mental Health First Aid Training

Contacts for help and signposting

Awareness materials

Return to work plans

Employer visits and reasonable adjustment discussions

## Support for your employees



Click each item to see more information

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Line Manager and HR discussions

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**How do you access work-related stress care pathway?**



**Step 1**



**Step 2**



**Step 3**

 Click each step to see more information

**Support for you**

 Click each item to see more information

The Employee Assistance Programme delivers comprehensive, 24/7 guidance for issues including mental health, legal and financial. The programme can also provide up to eight sessions of structured counselling for each employee.

**Mental Health Aid Training**

**Contacts for help and signposting**

**Awareness materials**

**Return to work plans**

**Employer visits and reasonable adjustment discussions**

**Support for your employees**

 Click each item to see more information

**Employee Assistance Programme**

**Line Manager and HR discussions**

**Clinical assessment to establish work-related stress or mental ill health**

**Return to work support and planning**

**Wellbeing resources**

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### How do you access work-related stress care pathway?



**Step 1**



**Step 2**



**Step 3**

 Click each step to see more information

It is important that our in-house clinicians understand the root cause of an individual's absence, and the factors which may have led to their work-related stress. To inform this full picture, the clinician will coordinate a discussion with HR and the employee when required.

## Support for your business

 Click each item to see more information

Training for Managers and Supervisors

Signposting for help

Awareness materials

Return to work plans

Employer visits and reasonable adjustment discussions

## Support for your employees

 Click each item to see more information

Employee Assistance Programme

Line Manager and HR discussions

Clinical assessment to establish work-related stress or mental ill health

Return to work support and planning

Wellbeing resources

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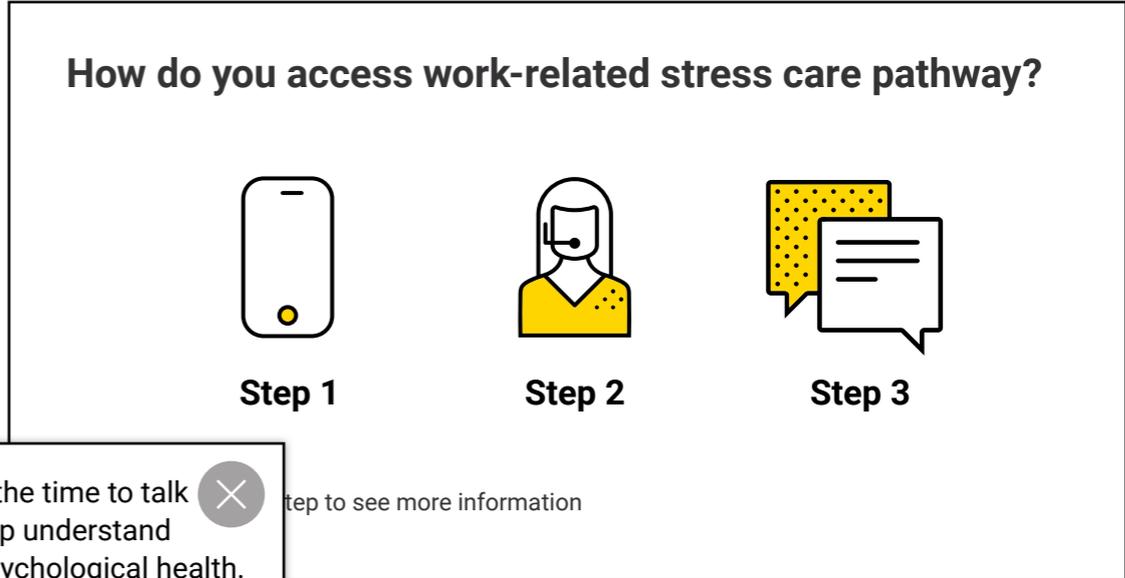
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We place the employee at the heart of our approach. If an employee needs help, early intervention enables our team of trained in-house clinicians to find and treat the root cause of absence. Our Related Stress Care Pathway makes accessing the right resources quick and easy, from pre-emptive support for a resilient workforce to tailored care for individuals.



## Support for your business

Click each item to see more information	Training for Line Managers and HR	Mental Health First Aid Training	Return to work plans	Employer visits and reasonable adjustment discussions
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## Support for your employees

Click each item to see more information	Employee Assistance Programme	Line Manager and HR discussions	Clinical assessment to establish work-related stress or mental ill health	Return to work support and planning	Wellbeing resources	Links to support networks
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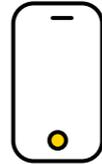


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### How do you access work-related stress care pathway?



**Step 1**



**Step 2**



**Step 3**

 Click each step to see more information

## Support for your business

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When appropriate, our in-house Clinical Team Team will call you and your employee to talk through their needs. In cases of work-related stress, our team will recommend a phased return, and ensure all necessary support is in place.

## Support for your employees

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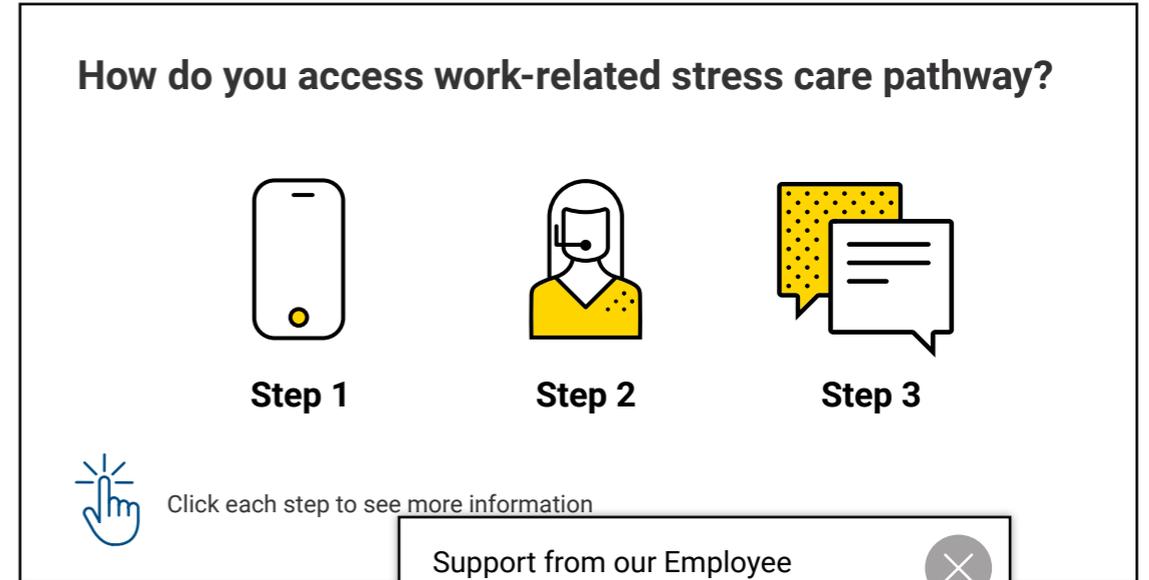
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Support from our Employee Assistance Programme is built into Group Income Protection packages. Our EAP provider, Health Assured, gives access to a range of wellbeing resources, including webinars on mental health topics that your employees can access whenever they need support or information.

## Support for your business

Click each item to see more information	Training for Line Managers and HR	Mental Health First Aid Training	Contacts for help and signposting	Awareness materials	able
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## Support for your employees

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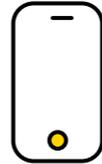


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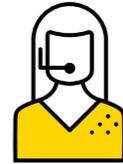
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### How do you access work-related stress care pathway?



**Step 1**



**Step 2**



**Step 3**

 Click each step to see more information

## Support for your business

 Click each item to see more information

Training for Line Managers and HR

Mental Health First Aid Training

Contacts for help and signposting

Awareness materials

Return to work plans

Our in-house Clinical Team research and compile advice and support available from various charities and organisations across the UK. They can provide a list of contacts that could offer your employee additional support.

## Support for your employees

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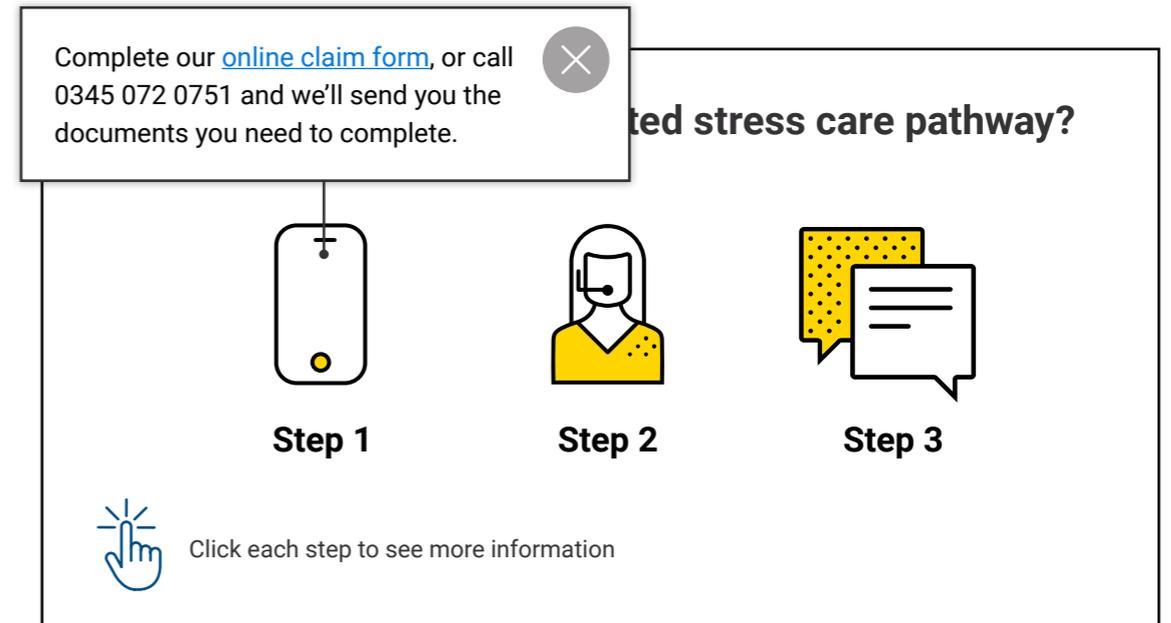
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We place the employee at the heart of our approach. If an employee needs help, early intervention enables our team of trained in-house clinicians to find and treat the root cause of absence. Our Work-Related Stress Care Pathway makes accessing the right resources quick and easy, from preventative support for a resilient workforce to tailored care for individuals.



## Support for your business

Click each item to see more information	Training for Line Managers and HR	Mental Health First Aid Training	Contacts for help and signposting	Awareness materials	Return to work plans	Employer visits and reasonable adjustment discussions
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## Support for your employees

Click each item to see more information	Employee Assistance Programme	Line Manager and HR discussions	Clinical assessment to establish work-related stress or mental ill health	Return to work support and planning	Wellbeing resources	Links to support networks
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## How we're supporting workplace wellbeing

### Be Well Hub

Available to all employers, our Be well hub provides access to a range wellbeing resources designed to help you actively manage your employees' wellbeing. Under each of the physical, financial, social and mental health pillars of wellbeing, you'll find:

- Tools to help you create or update your wellbeing policies
- Free wellbeing resources that you can signpost your employees to
- Practical ideas for quick wins and implementation
- A reminder of the wellbeing services available to you with our Group Protection products

Please contact us for more details about what we can cover, the support we can provide and how we assess claims.

For more information, please visit [legalandgeneral.com/be-well](https://legalandgeneral.com/be-well)

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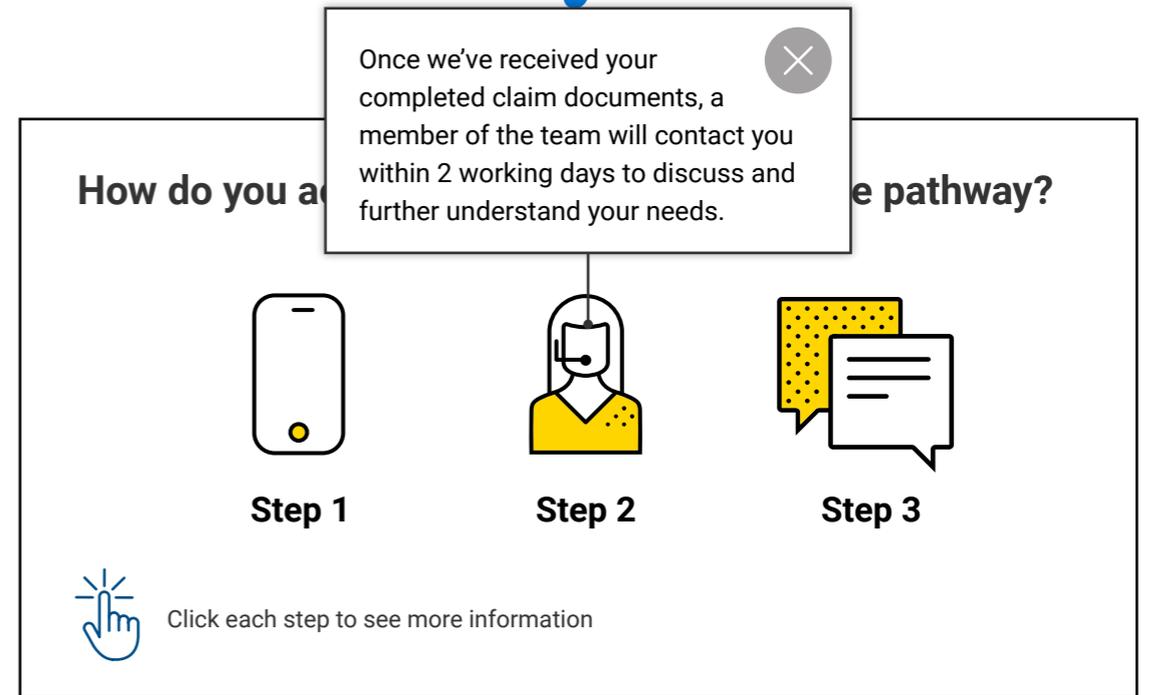
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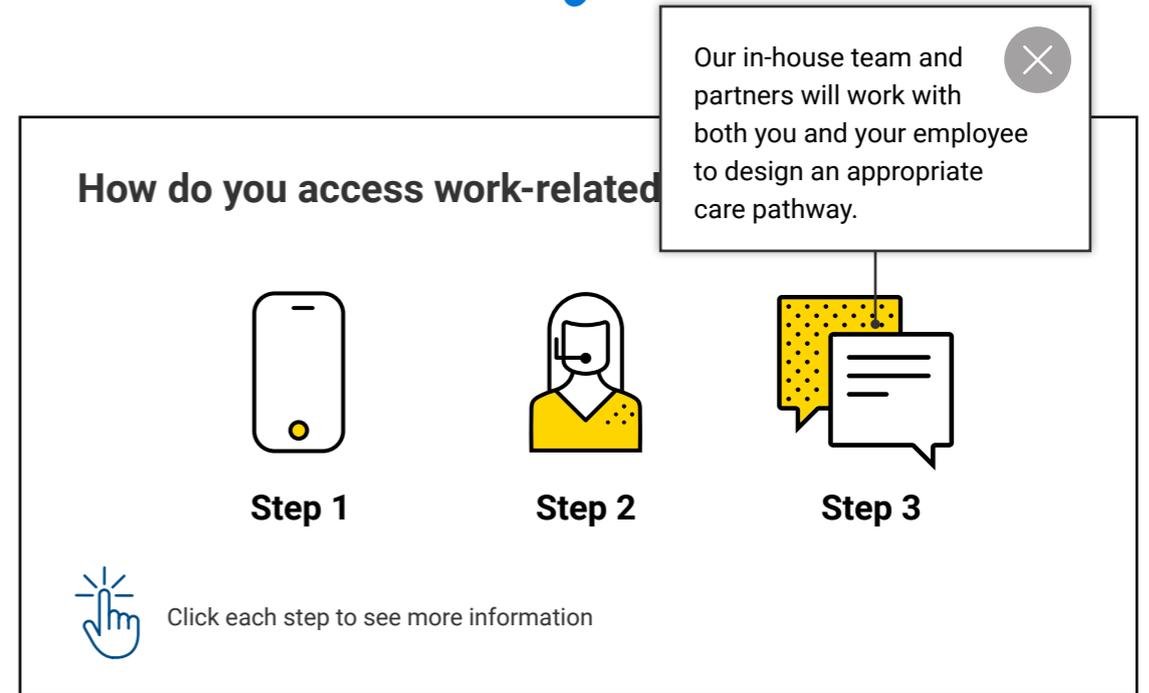
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