## **Care for People and Wellbeing** Wellbeing Implementation Plan



2023 Ways to cope and deal effectively with problems and challenges (11 modules) How to establish access to support resources and qualified experts 1 Resilience Professional Care A collection of NGO services and online assistance Provision Industry Partnering & Support How to develop a network of ambassadors Championing Mental Health Network Ways to reduce stigma, enable better conversations and access support (4 modules) 5 Let's Talk 6 Fatigue Risk Management Ways to recognise fatigue and manage sleep (1 module) 7 Building Healthy Habits Ways to build a healthy body and mind (in development) 8 Individual Awareness / Ways to develop emotional and social skills (8 modules) 2021 Queadership Skills Ways to manage team wellbeing (3 modules) - 10 Peer to Peer Support Network 2022 How to establish peer to peer support 2023



Mental wellbeing information and guidance for management teams to implement



Programmes that promote mental wellbeing for employees to undertake, one module per month