

Employee Wellbeing and Mental Health

GUK understands the positive impact that healthy and engaged employees make to the success of the business. As such, GUK is committed to providing support and help for employees to focus on their wellbeing and mental health.



1 in 4

people each year are affected by mental health problems

With far-ranging symptoms and conditions impacting each person differently. Our supportive business practices improve morale and promote positive wellbeing.

Almost 1 in 5

adults were likely to experience some form of depression during the Covid-19 pandemic.

That is nearly double the number than before the pandemic began. Promoting awareness of mental health has never been more important, both inside and out of the workplace.

How we can help you

With this in mind, we have also created new resources which are available to everyone on our digital training platform - **MyPathway** ➔

The training is available to everyone to review and improve current practices and support systems in place.

Examples of support and training available on the platform:

- Managing mental health
- Managing stress
- Identify signs of poor mental health
- Responding to stress at work
- Wellness action planning

We are keen to play our part in improving mental health at work, and creating an environment where staff feel comfortable disclosing any issues they may have.

The GUK Employee Assistant Programme (EAP) is another way we are supporting our staff by providing a confidential support through counselling services which can help employees deal with difficult scenarios either at home or at work.

The EAP can be accessed via our online engagement portal and provide free and confidential help and advice for employees, or a family member, if they find themselves struggling.

Please visit:
employeeassistance.org.uk