



COMMITMENT 4

MANAGEMENT OF STRESS



01

REVIEW APPROACHES TO MANAGEMENT OF STRESS AND IDENTIFY OPPORTUNITIES FOR IMPROVEMENT



This year's activity . . .

- SSE have developed and rolled out MHAW training programmes for managers, and promoted online resources to support staff. As part of SSE's Working Well programme colleagues also have access to a 24hour helpline and health portal.
- Scottish Power have reviewed policy on Wellbeing & Managing Stress. Launched a new EAP programme & piloted CBT tool. Along with reviewing absence management & OH procedures
- Within National Grid, the top 60 have participated in two hour stress workshops, developed a one day workshop for line managers & supervisors in leadership. Run a six month pilot to evaluate fast track psychological treatment referral programme



REVIEW APPROACHES TO MANAGEMENT OF STRESS AND IDENTIFY OPPORTUNITIES FOR IMPROVEMENT



This year's activity . . .

- Implemented fast track psychological assessment and treatment services. Piloting new stress risk assessments guidance.
- Rolled out the Head Way programme across all workers. Lets have a look at Head Way in action....

