

Aviva Line Manager Toolkit: Mental Health

Good conversations start here

**The Aviva Line Manager Toolkit:
Mental Health** offers video modules
and supporting content - all designed
by clinicians.

The toolkit helps all of your line managers spot the warning signs of poor mental health, identify reasonable adjustments and manage professional boundaries.

It also gives them the confidence to have supportive conversations with team members, so they can address issues before they become more serious.



Help all of your line managers to spot the warning signs of poor mental health

It takes Aviva to help give them the training they need to make a positive difference.

These video modules can help upskill line managers so they can better support the mental health of their team.

- ✔ **Helps identify signs of poor mental health – even when working remotely** - the videos help your line managers spot signs and symptoms of poor mental wellbeing among team members, both in the physical and remote work environment.
- ✔ **Enable more confident supportive conversations with team members** - so they can address mental wellbeing concerns before they become more serious.
- ✔ **Support employees to stay in work, or return to work successfully** - provides key information and guidance on the adjustments and adaptations which could be made to support their team members.
- ✔ **Self-management for line managers' own mental health needs** - the toolkit provides them with key information on how to respond to their own mental health needs, as well as managing professional boundaries with their teams.

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Please be aware that this service is not intended to offer personalised medical advice or replace established mental health care pathways. It supplements existing channels by offering an advice and support framework for line managers, helping them to support colleagues who may be experiencing mental wellbeing concerns which are presenting within the workplace.

How can I find out more?

For more information on the Aviva Line Manager Toolkit: Mental Health, please speak with your Financial Adviser or Aviva Account Manager.

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