

Good conversations start here

It's important to be able to identify the signs and symptoms of poor mental health, so you can support the individuals in your team.

The Aviva Line Manager Toolkit: Mental Health is available to you through your employer's commercial insurance policy. It's been developed in partnership with mental health professionals with reputations for clinical expertise and an in-depth understanding of innovative digital healthcare.

From spotting the warning signs of poor mental health to having a difficult conversation and effective signposting, the video modules and downloadable materials can help you to support your team.



Feel more confident in having supportive mental health conversations

The digital Aviva Line Manager Toolkit: Mental Health can help you feel more confident in holding appropriate and supportive conversations with team members, so you can help address mental wellbeing concerns before they become more serious.

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

Here's what the video modules cover:

- ✓ Mental health in the workplace
- ✓ Changing behaviour
- ✓ Having difficult conversations
- ✓ Signposting to help
- ✓ How to respond to a crisis situation
- ✓ Adapting and adjusting in the workplace
- ✓ Looking after yourself

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.

You can read the terms and conditions and the privacy policy online.

This service is a non-contractual benefit Aviva can change or withdraw at any time. Available to employees who are permanent residents of Great Britain, Northern Ireland, the Channel Islands or the Isle of Man.

How can I find out more?

For more information on the Aviva Line Manager Toolkit: Mental Health **click here.**

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