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Aviva Line Manager Toolkit: Mental Health

Step into your comfort zone...

Dear XXXXXXXXXXXXXXXX

As a line manager, you know that it's never been more important to support your team's mental health. But talking about mental health isn't always easy to do. As part of your employer's commercial insurance policy you have access to the Aviva Line Manager Toolkit: Mental Health.

Developed with guidance from mental health professionals with clinical expertise and an in-depth understanding of innovative digital healthcare, it gives you the tools you need to help a team member. From spotting the warning signs to having a difficult conversation to signposting to help, the video modules and downloadable materials can help you to support your team.

We want to empower you with the skills you need to address issues before they become more serious – and above all, to help you lead a healthy, happy team.

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 you, helping you to support colleagues who may be experiencing mental wellbeing concerns which are presenting within the workplace.

Terms and conditions and the privacy policy can be viewed online. The service is a non-contractual benefit Aviva can change or withdraw at any time. This service is available to line managers who are permanent residents of Great Britain, Northern Ireland, the Channel Islands or the Isle of Man.

Welcome to your toolkit

- Seven bite-size videos to watch and review when it suits you
- Clinically underpinned content, developed with guidance from mental health professionals
- Information, guidance and example scenarios
- Helps build skills, identify warning signs of poor mental health and take appropriate action to support your team
- With **downloadable materials** for you to refer back to

Getting started

Click here to access your Aviva Line Manager Toolkit: Mental Health. You can watch the videos in sequence or just watch the ones you need, you can also download the supporting PDFs to refer back to whenever you require.

Best wishes,

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