



A healthy workplace

The HOPS room



- A private space for people to come and talk
- An information base
- A space to hold health promotion events
- In the production area

Mental Health

- Structured system for identification and support for mental health issues including an open door policy for occupational health.
- Flagging of mental health issues through sicknotes and self-certification forms (coming to OHM)
- Sign-posting to 24hr support line (can lead to up to 6 face to face counselling sessions) through the company employment healthcare scheme or, if necessary, Brewery funded sessions with private counsellors.



LIFE ISN'T ALL LAUGHS

Cornwall cares about you
Don't flush your life away

If things are getting you down, take your first step towards getting help by talking to someone like a trusted friend or family member, your GP or call Samaritans on **116 123**

SAMARITANS  **116 123** FREE
This number is FREE to call

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Men's Health

- Following Healthy Workplace conference last year we have now introduced Toolbox Talks from the Men's Health Forum.
- A series of humorous videos coupled with a quiz and info sheet
- Accessible at different levels – hand outs or engage with teams
- Short enough to integrate into regular team meetings as 'Toolbox Talks'



Engaging managers

- Stress management workshops for managers which centred around the development of stress management flowcharts, allowing managers to easily understand where support is available from.
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Mindfulness

- Creation of a Mindfulness Toolkit which can be given in conjunction with other Keeping Well at Work leaflets. This has proved a popular resource.



It's good to talk.

- Collaboration is key!