

Four Pillars of Wellbeing



Mental

- Employee Assistance Programme
- Men's Mental Health
- LGBTQ+ Mental Health
- Self Help Supports



Physical

- Get Active Advice
- Healthy Eating Options
- Addiction Supports
- Lifestyle challenges



Financial

- Income Maximisation Checks
- Money/Debt advice
- Housing and Energy Advice
- Budgetary Support



Workplace

- Health and Safety Information
- First Aid at Work
- Risk Management
- Safety Alerts

Supporting our employees through their wellbeing journey...

Information available on Mytoolkit/Employee Health & Wellbeing/Four Pillars of Wellbeing