**<INSERT ORGANISATION NAME> SUPPORTING MENTAL HEALTH: LINE MANAGERS’ CHECKLIST**

| **SUPPORTING MENTAL HEALTH: LINE MANAGERS’ CHECKLIST** | | |
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| Work through the following questions: | **Yes** | **No** |
| Do you proactively ask your staff about their wellbeing and what support they need? |  |  |
| Do your staff have a good work/life balance? |  |  |
| Do you have regular catch-ups with individual team members? |  |  |
| Do you communicate expectations clearly? |  |  |
| Do you ensure staff can cope with their workloads? |  |  |
| Do you praise staff for working hard or well? |  |  |
| Do you provide opportunities for learning and development? |  |  |
| Do you feel confident discussing mental health with your staff? |  |  |
| Do you know how to spot the early warning signs of a mental health problem? |  |  |
| Do you know how to support staff who have a mental health issue? |  |  |
| Do you look after your own mental health? |  |  |