



Chest
Heart &
Stroke

Work Well
Live Well

WORK WELL **LIVE WELL**

A Public Health Agency initiative

HSC Public Health
Agency

Project supported by the PHA

MAKING LIFE BETTER

Take5
steps to wellbeing

Work Well Live Well is a FREE workplace health and wellbeing support programme funded by the Public Health Agency (PHA) and delivered by Northern Ireland Chest Heart & Stroke (NICHS). Our Workplace Health Promotion team are here to help your workplace improve employee health, wellbeing and culture.

Bronze

- Access to an employee health and wellbeing survey to determine workplace health priorities
- A comprehensive report outlining the health of employees
- Health Champion training, incorporating Take 5 steps to wellbeing, for employees within your workplace
- Assistance with the development and implementation of a workplace health and wellbeing action plan
- 1 NICHS Well Talk or Well Webinar for your workplace
- Mentoring support for Health Champions to progress to silver accreditation
- Bronze accreditation for your workplace.



Silver

- Additional Health Champion training for new employees, if required
- Accredited safeTALK suicide prevention training for 1 member of staff
- Workplace health and wellbeing e-newsletter for Health Champions
- Workplace health and wellbeing action plan refresher workshop
- Staff satisfaction and impact survey on workplace health and wellbeing
- 1 NICHS Well Talk or Well Webinar for your workplace
- Mentoring support for Health Champions to progress to gold accreditation
- Silver accreditation for your workplace.



Gold

- Accredited Mental Health First Aid training for 1 member of staff
- Trauma Informed Toolkit for organisations
- Trauma Informed workplace workshops.
- Workplace health and wellbeing e-newsletter for Health Champions
- Staff satisfaction and impact survey on workplace health and wellbeing
- Mentoring support for Health Champions to maintain a healthy workplace
- Gold accreditation for your workplace.



Your Work Well Live Well Journey

START

Workplace completes employee health and wellbeing survey

Health champions recruited

Two day Health Champion training and action plan created



Mentoring support meeting to achieve bronze accreditation

Ongoing support from NICHS
1 Well Talk/ Webinar Workshop on lifestyle topics

safeTALK
suicide prevention training

Ongoing support from NICHS
1 Well Talk/ Webinar, action plan refresher workshop & health and wellbeing e-newsletter

Mentoring support meeting to achieve silver accreditation

Staff satisfaction and impact survey

Mental Health First Aid training
 Mental Health First Aid Adult
Approved and licensed in Northern Ireland by the Public Health Agency

Ongoing support from NICHS
Trauma informed workplace workshops & health and wellbeing e-newsletter

Implement Trauma Informed Organisations Toolkit

Mentoring support meeting to maintain a healthy workplace

Staff satisfaction and impact survey

Develop 2nd year action plan

Develop 3rd year action plan

Almost 90% of our income
comes from public donations.

**Find out how you can support NICHS
at www.nichs.org.uk**



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