



Chest
Heart &
Stroke

Work Well Live Well

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










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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