Cumbria Fire & Rescue Service

Workplace Wellness Plan

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| What is your current and intended working arrangement? |
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| Are there any characteristics of your individual working style that you’d like to make your manager and/or colleagues aware of? |
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| What helps you to stay mentally healthy whilst at work? |
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| Are there any situations or behaviours that can trigger poor mental health for you whilst working? |
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| What can you, your manager to colleagues put in place to proactively support you to stay mentally healthy at work and minimise triggers? |
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| How might experiencing poor mental health impact on your work? |
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| Are there any early warning signs that might be noticed by your manager or colleagues when you are starting to experience poor mental health? |
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| What actions would you like to be taken if any of these early warning signs of poor mental health are noticed by your manager or colleagues? |
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| Is there anything additional you would like to share that would support your mental health at work? |
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