

**Aviva Line Manager Toolkit:
Mental Health**

Good conversations start here

**The Aviva Line Manager Toolkit:
Mental Health consists of video
modules and downloadable
documents, designed by clinicians.**

The toolkit aims to help line managers spot the warning signs of poor mental health, identify reasonable adjustments and manage professional boundaries.

It also helps to empower them to feel more confident in having supportive conversations with team members, so they can address issues before they become more serious.



Help your managers spot warning signs

The Aviva Line Manager Toolkit: Mental Health has been developed in partnership with mental health professionals who have a strong reputation for clinical expertise and an in-depth understanding of innovative digital healthcare.

These video modules can help upskill line managers so they can better support the mental health of their team.

- ✔ **Help identify signs of poor mental health – even when working remotely** - The clinically underpinned videos help your line managers spot signs and symptoms of poor mental wellbeing among team members, both in the physical and remote work environment.
- ✔ **Enable more confident, supportive conversations with team members** - So they can address mental wellbeing concerns before they become more serious.
- ✔ **Support employees to stay in work, or return to work successfully** - Provides key information and guidance on the adjustments and adaptations which could be made to support their team members.
- ✔ **Enable self-management for line managers' own mental health needs** - The toolkit provides them with key information on how to respond to their own mental health needs, as well as managing professional boundaries with their teams.

How can I find out more?

To find out more about the Aviva Line Manager Toolkit: Mental Health please speak with your usual Aviva Account Manager.

This service is a non-contractual benefit Aviva can change or withdraw at any time.

Please be aware that this service is not intended to offer personalised medical advice or replace established mental health care pathways. It supplements existing channels by offering an advice and support framework for line managers, helping them to support colleagues who may be experiencing mental wellbeing concerns which are presenting within the workplace.

Aviva Health UK Limited. Registered in England Number 2464270.

Registered Office 8 Surrey Street Norwich NR1 3NG.

Authorised and regulated by the Financial Conduct Authority.

Firm Reference Number 308139.

GEN7278 02/2024 REG015 (62476)

