

MEN'S HEALTH SUPPORT

1

Wellbeing Conversations

Wellbeing conversations are a good way for staff to talk about the support they need from their manager to improve or maintain their wellbeing. Male staff are encouraged to assess their health and wellbeing, how it is affected in their workplace and if anything, what support your manager and team can offer you. Information and guides on how to have these conversations is available to staff and managers on the intranet [here](#)

2

Employee Assistance Programme

Our Employee Assistance Programme specialising in offering information and support to staff no matter what they are going through. The EAP offers counselling, help lines, stress management programmes, therapy and more for staff in need of assistance. You can find out more about the EAP [here](#)

3

Men's Network

The Men's Network is open to all staff that wish to have conversations, build a network of support for men and the issues they face at work and at home. The Network will be open to staff from.... Information on ELFT's Men's Network is [here](#)

4

Intercultural Therapies

The NEL and BLMK Wellbeing Hubs offer intercultural counselling and therapy to staff from minoritised backgrounds that might benefit from counsellors with a similar cultural or religious backgrounds to theirs. Speak to an advisor about therapy today, [click here](#)