

Date: 22<sup>nd</sup> December 2025

### New guidelines to support staff health and wellbeing

Given the increasing demands placed on us today, it is imperative that each one of us find ways to increase insight into our mental wellbeing, identify areas which require attention, and promote resources which increase our mental resilience.

Two new documents have been launched providing managers and staff with guidance in supporting the health and wellbeing of WUTH staff.



**The Wellness Resilience Action Plan** is a personalised plan designed to promote and maintain mental wellbeing at work, in line with NICE guidance (NG212, NG136). It provides a structured way for employees and managers to identify what supports wellbeing within the workplace, recognise early warning signs, and agree proactive steps to maintain/manage mental health, recovery and performance.

**The Manager Crib Sheet – CSW** guides managers through the steps they need to take when a CSW reports their sickness absence, and provides information on supportive measures that can be put in place, dependent upon the type of sickness.

Link to the [Every Day Counts intranet page](#) to view the documents.