

Supporting Mental Health in the Workplace

Useful Contacts and Information Sources

<p>Labour Relations Agency www.lra.org.uk Tel: 03300 552 220 Tel: 03300 555 300 (Workplace Information Service)</p>	<p>Government Website for Northern Ireland Businesses/Employers www.nibusinessinfo.co.uk</p>
<p>Equality Commission for Northern Ireland www.equalityni.org Tel: 028 90 890888 (for employers only) Tel: 028 90 500600 (for all other callers)</p>	<p>Government Website for Northern Ireland Employees www.nidirect.gov.uk</p>
<p>Health & Safety Executive NI – Mental Wellbeing at Work Advisory Service www.hseni.gov.uk/stress Tel: 0800 032 0121</p>	<p>ACAS (Advisory, Conciliation and Arbitration Service) www.acas.org.uk</p>
<p>Action Mental Health www.amh.org.uk Tel: 02891 828494</p>	<p>Mental Health Foundation www.mentalhealth.org.uk</p>
<p>Inspire Wellbeing www.inspirewellbeing.org Tel:02890 328474</p>	<p>Disability Action www.disabilityaction.org Tel: 02890 297880 Textphone: 02890 297882</p>
<p>Mindwise www.mindwisenv.org Tel: 02890 402323</p>	<p>Aware NI www.aware-ni.org Tel: 02890 357820</p>

Labour Relations Agency Publications:

- Advice on Recruitment, Selection and Induction
- Advice on Managing Difficult Conversations
- Advice on Managing Sickness Absence
- LRA Code of Practice on Disciplinary and Grievance Procedures
- Advice on Managing Poor Performance
- Small Business Leaflet: A Guide for New Employers
- Harassment & Bullying in the Workplace – a joint guide written by the Labour Relations Agency & the Equality Commission NI.

For more information on the full range of Agency publications, our employment documentation review service and good practice seminars, please visit our website, www.lra.org.uk.