

# HR & OD POLICIES

human resources and organisational development

RESOURCE PACK

## Stress and Mental Wellbeing

### FORMS

#### [Team Work-Related Stress Risk Assessment](#)

An example of a structure that can be used to carry out a stress risk assessment for a team. This could also be used for an individual. This should be completed in conjunction with the team/individual.

#### [Stress Self-Assessment Questionnaire](#)

For Local Government employees – a tool to identify key areas that may be causing stress. This should be completed by the employee.

#### [Stress Self-Assessment Questionnaire – Teaching Staff](#)

For teaching staff – a tool to identify key areas that may be causing stress. This should be completed by the employee.

### FACT SHEETS

#### [Employee Assistance Programme](#)

Information about the service, which enables managers/employees and their immediate family to access independent, professional advice and counselling support.

