

# Health & Wellbeing

Brought to you by Liberty Risk Reduce

We recognise that employers are working hard to ensure the health and wellbeing of their workforce. To support our clients, we have worked with selected partners to present a combined toolkit, designed to help with mental health and wellbeing in a hybrid world. The toolkit includes risk assessments, training, guidance and direct in-person assistance for employees and managers.

Our Health & Wellbeing benefits and services are free and easy to access through our Liberty Risk Reduce Portal.

## You will have access to:

- Useful news articles, risk guidance and interactive forms such as the Display Screen Equipment (DSE) assessment toolkit or the latest Stress Policy Guidance.
- A library of short courses via our eLearning partners which allow continuous learning support. Example courses include Positive Thinking and Mindset.
- Articles and sample policies to help you continuously develop your Health & Wellbeing strategy, such as Developing Ergo Risk Assessment.
- Stress toolkits to help employees understand how to manage the triggers and reactions to their own stress, in and outside of work.
- Courses ranging from Mental Health Awareness to bite-sized sessions, in partnership with Rethink Mental Illness. These can be used to provide your staff with the training to identify when extra support is required and to signpost to additional services.

## How to sign up

To find out more about how our Health & Wellbeing proposition can help support you and your business, contact your Customer Relationship Manager or Risk Engineer. You can also reach the team at [riskcontrol@libertyglobalgroup.com](mailto:riskcontrol@libertyglobalgroup.com)

For more risk control guidance and resources, visit [www.libertyriskreduce.com](http://www.libertyriskreduce.com)



Our risk control services are advisory only. We assume no responsibility for management or control of customer safety activities nor implementation of recommended corrective measures. This document provides a general description of this program and/or service.

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