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**Mental health and well-being Action plan TEMPLATE**

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| **Goal**  | **Action**  | **Deadline**  | **Responsible person**  | **Commentary / progress**  |
| To increase the number of Mental health first aiders |  |  |  |  |
| Mental health champions to be appointed  |  |  |  |  |
| Staff communication  |  |  |  |  |
| Initiatives to benefit employees |  |  |  |  |
| Support  |  |  |  |  |
| Management training  |  |  |  |  |
| Monitoring |  |  |  |  |
| SMT to show commitment to mental health and well-being  |  |  |  |  |