

# STRESS MANAGEMENT.

We've partnered with leading Occupational Health providers Roodlane Medical Group to deliver stress management solutions for your clients.

## What are stress management tools?

Our long standing partnership with Roodlane Medical Group means we can offer your clients access to discounted stress management services.

Stress management tools provide your clients with strategies and solutions to deal with stress within their workplace.

## Why is stress management important?

Stress is one of the leading causes of absenteeism from the workplace in the UK and for your clients, every lost working day equals lost revenue.

Providing your clients with a resource to help minimise and tackle stress within their workplace can provide an invaluable tool for their business.

Roodlane Medical Group can deliver:

- Stress training;
- Corporate stress risk assessment; and
- Individual stress risk assessment.

As Group Protection customers, these stress management tools are available to your clients with a 15% discount.

## Stress training

Normal rate £500 for a 90 minute session plus travel and preparation

Your clients can choose from 12 modules based on roles and requirements within their business. Each model covers key issues such as statutory liability, spotting the signs of stress, what to do if an employee complains of stress, and much more.

**Your clients can benefit from 15% discount on stress management services from Roodlane Medical Group.**

## Corporate stress risk assessment

Normal rate £200 per hour

Roodlane Medical Group will produce a stress strategy bespoke to your client's business and needs. Their strategy will be based on the following:

- Results of an employee survey
  - Review of current surveys and analysis against the Health and Safety Executive's (HSE) standards for assessing risk.
- Sickness absence records
  - Assessments of sickness patterns, for example, frequent short term or inappropriate absences, absence in the face of conflict or poor performance.
- Other sources of information
  - Turnover, exit interviews and health insurance claims.

## Individual stress risk assessment

Normal rate £240 per hour

Roodlane will assess an affected employee and provide a full report against HSE standards. They will also provide specific recommendations for action.

If appropriate, they will also include a detailed return to work plan. They will also be available to attend disciplinary reviews with the your client's employment law team if required.

## CONTACT US.

**0845 072 0751** We may record and monitor calls. Call charges will vary.

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