

Annual Stress Conference November 2013, Hillscourt Conference Centre, Rednal, Birmingham

This list of some suggested sources has been compiled and we hope it will be helpful, however we do not necessarily support all of the views suggested. By their very nature some of the publications are more employer-orientated, but we feel it is useful to know what's out there!

Mental Health in the Workplace:-

ACAS guide Promoting Positive mental health at work and other publications

<http://www.acas.org.uk/media/pdf/j/2/Promoting-positive-mental-health-at-work-accessible-version.pdf>

Health, work & wellbeing <http://www.acas.org.uk/index.aspx?articleid=1361>

From stress to distress: the impact of the economic recession on mental health at work

<http://www.acas.org.uk/media/pdf/r/p/pdp-from-stress-to-distress-accessible-version-July-2011.pdf>

Getting it right factsheets - Promoting positive mental health at work

<http://www.acas.org.uk/media/pdf/5/i/GIR - Promoting positive mental health at work.pdf>

Mental health top tips pdf

<http://www.acas.org.uk/media/pdf/7/7/Mental health top tips table APRIL 2012.pdf>

How ACAS can help you tackle Stress

[http://www.acas.org.uk/media/pdf/i/t/stress2\(November 2010\).pdf](http://www.acas.org.uk/media/pdf/i/t/stress2(November 2010).pdf)

ACAS Stress at work guide

[http://www.acas.org.uk/media/pdf/0/9/Acas Stress at work \(APRIL 2009\)-accessible-version-July-2011.pdf](http://www.acas.org.uk/media/pdf/0/9/Acas Stress at work (APRIL 2009)-accessible-version-July-2011.pdf)

HSE Stress pages <http://www.hse.gov.uk/stress/index.htm> <http://www.hse.gov.uk/stress/>

<http://www.hse.gov.uk/stress/standards/index.htm>

TUC Advice: Trade Unions and mental health resource list <http://www.tuc.org.uk/equality-issues/disability-issues/disability-discrimination/disability-resources/trade-unions-and>

TUC Mental Health conditions guide <http://www.tuc.org.uk/workplace-issues/health-and-safety/guides-workers/mental-health-conditions-guide>

1 | Page Check your own Union website for specific advice in your work-sector.

TUC Guidance on representing members with mental health problems at work

http://www.equalityhumanrights.com/uploaded_files/tuc_guidance_mentalhealth.pdf

LRD publications <http://www.lrdpublications.org.uk/>

MIND publications – for sale <http://shop.mind.org.uk/shop> and

http://shop.mind.org.uk/shop/booklet_packs/834_workplace_essentials_pack_300_booklets

Hazards Magazine items <http://www.hazards.org/stress/>

For some examples, see edition 123, July/Sept 2013; RISKS 625 October 2013; RISKS 624 September 2013 – check for other editions of both publications

CIPD advice – you need to register and sign up for free access <http://www.cipd.co.uk/hr-resources/factsheets/stress-mental-health-at-work.aspx>

Stress Network Website www.workstress.net carries a lot of information including documents to download and past conference reports

NICE (National Institute for Health and Care Excellence) advice on PTSD

<http://guidance.nice.org.uk/CG26>

Anxiety UK <http://www.anxietyuk.org.uk/get-help/nice-guidelines/> quoting NICE guidelines and various documents to download

NHS Choices guidance <http://www.nhs.uk/Conditions/stress-anxiety-depression/Pages/understanding-stress.aspx>