

Want to improve health and wellbeing in your workplace?

Free
to Suffolk
employers



Healthier workforce



Reduced sickness



Higher productivity



Better morale



Stronger business



Did you know?

Public Health Suffolk can support staff health and wellbeing in a range of ways - directly in the workplace and at **no cost to you.**

Now is the time to invest in a healthier, happier and more productive workforce.



Our offer

The **Good Health @ Work** programme supports you to improve staff health, boost morale and productivity, and create healthier, more supportive working environments

We can also help you

- ✓ Encourage staff to **be more active** and energised
- ✓ Access free **NHS health checks** in your workplace – helping to spot the early signs of heart disease, stroke, and diabetes
- ✓ Support **mental health and emotional wellbeing** through free wellbeing workshops
- ✓ Access dedicated **mental health first aid training**
- ✓ Arrange **Employer Supported Volunteering**
- ✓ Support staff to boost their energy and **maintain a healthy weight**
- ✓ Increase staff awareness of the harms linked to **drugs and alcohol**
- ✓ Support staff to **stop smoking**



Scan me! **Healthy staff = Stronger business**
Take the next step today



visit: healthysuffolk.org.uk/workplace-wellbeing

