

Want to improve health and wellbeing in your workplace?

Free
to Suffolk
employers



**Healthier
workforce**



**Reduced
sickness**



**Higher
productivity**



**Better
morale**



**Stronger
business**

Scan me!



Healthy staff = Stronger business
Take the next step today

visit: healthysuffolk.org.uk/workplace-wellbeing





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**