

LINE MANAGERS GUIDE TO MENTAL HEALTH IN THE WORKPLACE

A GUIDE TO PROVIDING YOU AS A LINE MANAGER WITH INFORMATION AND TOOLS NECESSARY TO AID IN PROMOTING WELL-BEING PRACTICES AND UNDERSTANDING, AS WELL AS, SUPPORTING EMPLOYEES WITH MENTAL HEALTH PROBLEMS IN THE WORKPLACE

RECOGNISING MENTAL ILLNESS

- Are you unsure what mental illness is?
- Do you struggle to understand mental illness?
- Are you unsure how to recognise mental illness in your team/division?
- Are you unsure what the symptoms of mental illness is?
- Are you unsure about the implications of mental illness?



TAKING ACTION AS A LINE MANAGER

- Are you unsure what to do when an employee is struggling with mental illness?
- Are you unsure what the procedure is to follow when a crisis or accident occurs?
- Do you struggle to have a difficult conversation with an employee?
- Are you unsure when and how to refer?
- Are you unsure when and what to disclose to the UFS?



SUPPORTING ME AS A LINE MANAGER

- Do you need support after dealing with employees' mental illness?
- Do you tend to look after the well-being of your employees but not after your own?
- Are you unsure how to set boundaries when it comes to dealing with employees' mental health?
- Are you unsure how to increase your well-being?
- Are you unsure how to cope after dealing with a difficult situation regarding an employee?



ENCOURAGING MENTAL HEALTH

- Is your team not performing optimally?
- Are you unsure how to rate your team's well-being?
- Is your team not reaching their full potential?
- Are there limited opportunities for growth and development for your team?
- Are you unsure how to support your team to flourish personally as well as professionally?

If the answer is "yes" to any of the above, contact us to send you the guide: niemancl@ufs.ac.za or, Download it from our website: www.ufs.ac.za/hr

T: +27 51 401 2537 | E: NiemanCL@ufs.ac.za | www.ufs.ac.za

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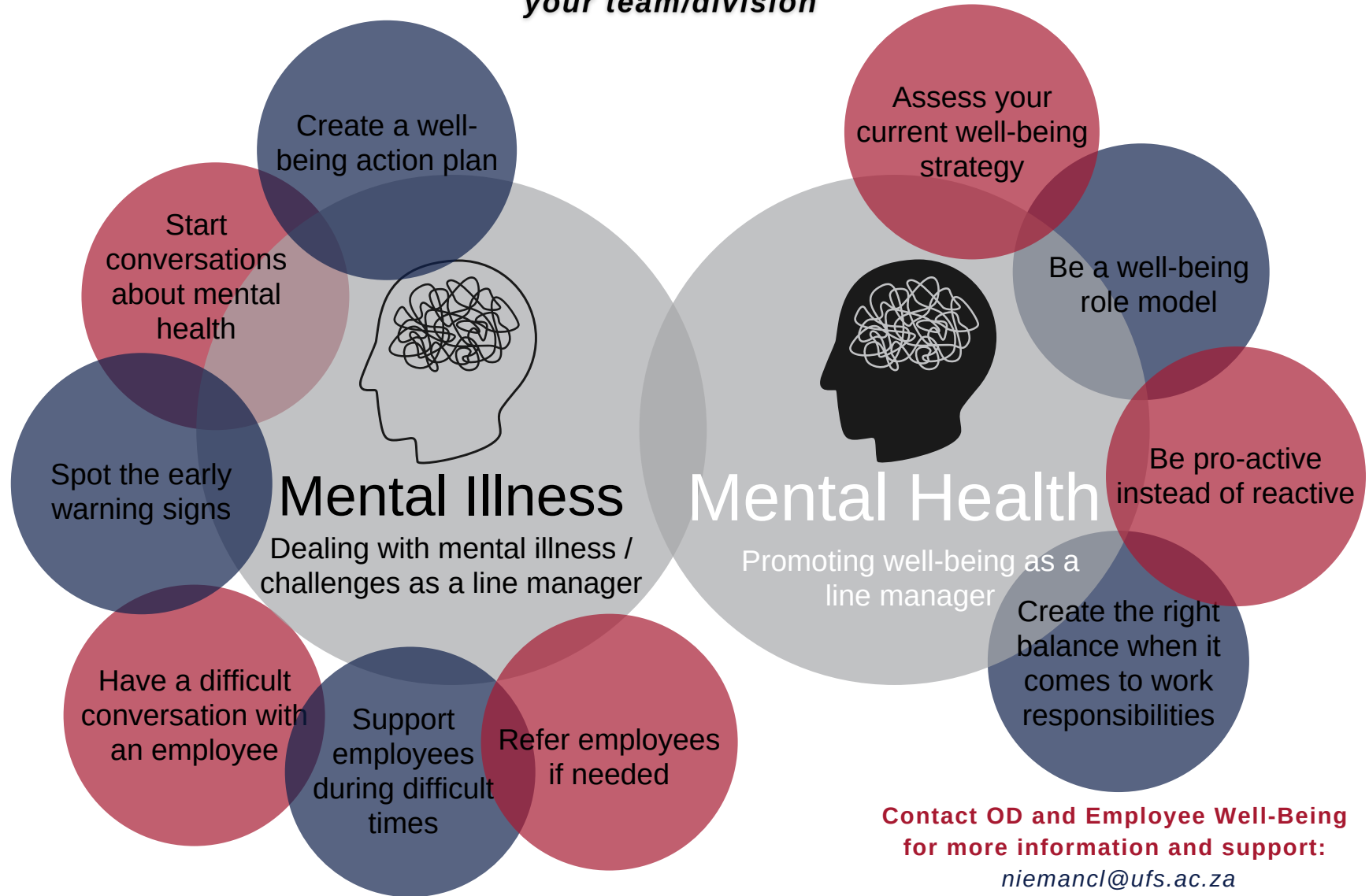
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UFS
ORGANISATIONAL DEVELOPMENT
AND EMPLOYEE WELL-BEING

Tips on how you as a line manager can deal with mental illness as well as support well-being in your team/division



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