

# Psychological Wellbeing in the Workplace

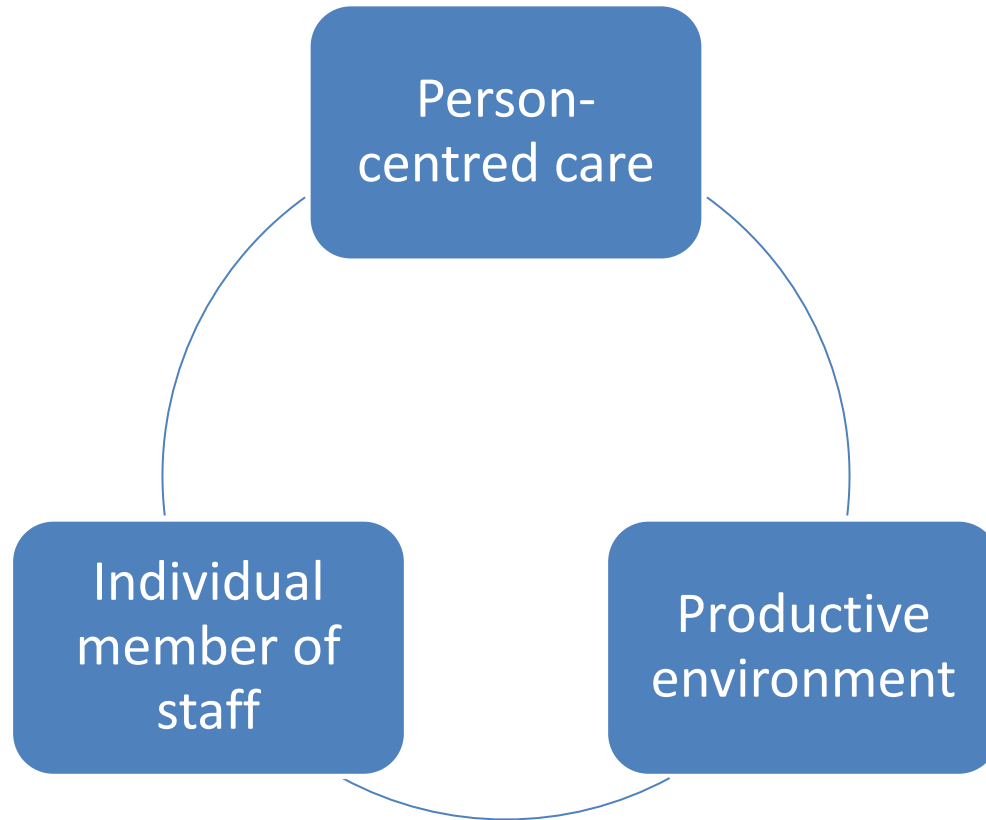
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# Current context

- Working life is stressful for many
- Increased insecurity around employment
- Salary depreciation and increase in costs
- Career development and prospects

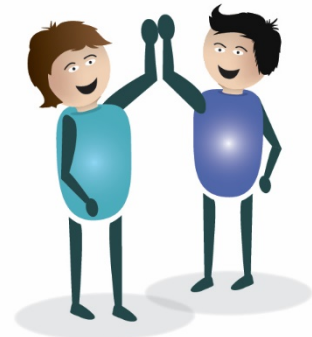


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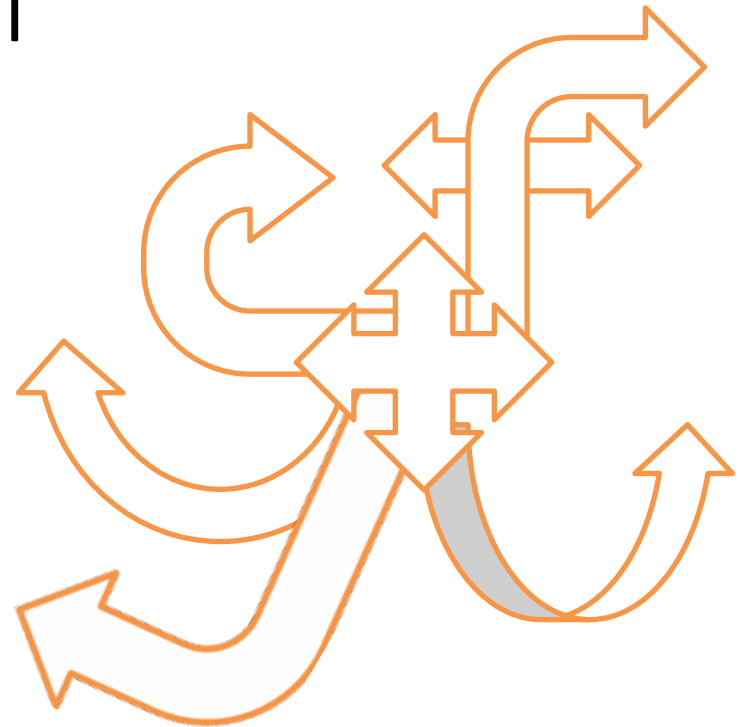
# Why is psychological wellbeing important in the workplace?

- Better outcomes for people who use the services
- Better productivity
- Healthier workforce



# What can we do to improve psychological wellbeing in the workplace?

- One size does not fit all
- Access and choice
- Prevention
- Pathways



# Parallel pathways

- Incidents at work
- Prevention
- Self-referral
- Personal development/education



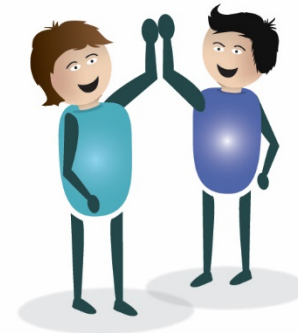
# A staff psychological wellbeing service

- Individual can access or be referred
- Range of approaches
  - Promoting wellbeing
  - Individual and group interventions
  - Work with teams



# Opportunities

- Collaboration
  - Economies of scale
  - Geographical accessibility
  - Reciprocity
- Expertise
  - Skill mix
  - Governance and standards
- A Conversation.....



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# Thank you and Questions?