

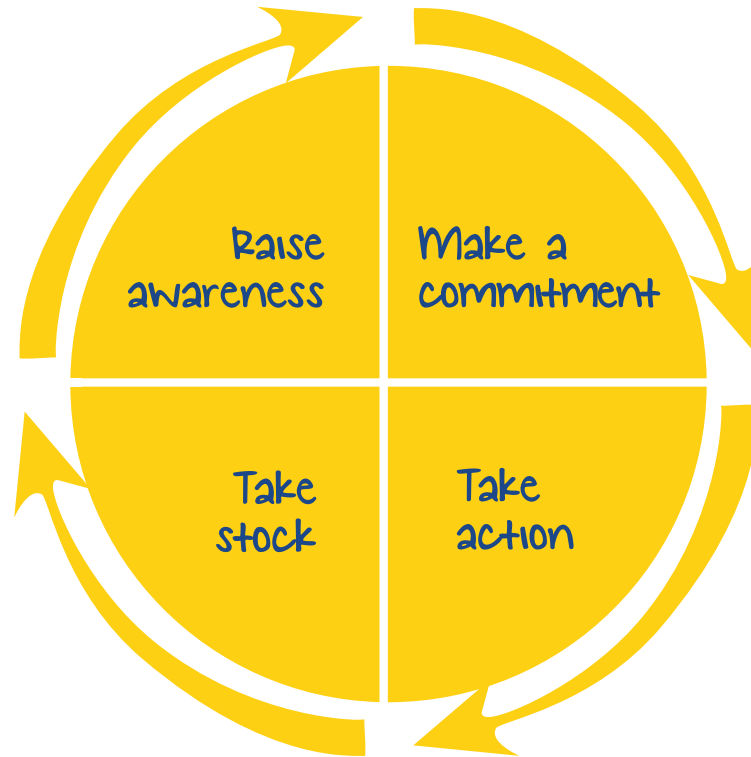
Thriving at Work in sport and physical activity

- Share free resources from our website and the Mental Health at Work gateway
- Provide mental health awareness training and eLearning

Core standard two

- Use our Workplace Wellbeing Index to analyse where you're doing well and where you could improve your approach to mental health at work

Core standard six



- Sign the Mental Health Charter for Sport and Recreation and develop your mental health at work plan

Core standard one

- Equip your line managers with training and tools
- Encourage open conversations about mental health and the support available
- Review working conditions and promote work/life balance and development opportunities
- Offer appropriate workplace adjustments to people who need them

Core standards three, four and five

How Mind can support your journey

Ready to make a difference?
We can support you wherever you are in your journey towards better mental health at work.

Follow the links above to help you meet each of *Thriving at Work's* six core standards with practical resources and tools. Start anywhere to support your people's mental health or [read our full guide for employers](#).

