

ROBERTSON

WELLBEING RESOURCES



Mental
Wellbeing



Financial
Wellbeing



Personal & Lifestyle
Wellbeing



Mental Wellbeing

Our mental wellbeing is influenced by a range of factors, including our work and home life. It takes into account the way we feel about ourselves, our sense of purpose, belonging and control. We depend on it to perform and work effectively making the management of the mental wellbeing good business sense.

[Mental Health First Aiders](#)

[Be Supported Employer Assistance Programme](#)

[Mental Wellbeing Playlist](#)

[Workplace wellbeing](#)



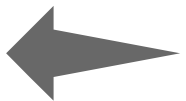
Financial Wellbeing

Robertson recognise the moral and business case for supporting employee financial wellbeing. Money worries affect our mental and physical health, which in turn can affect work performance. To help address this, we have in place a number of financial wellbeing resources.

[Standard Life Member Login](#)

[Financial Wellbeing Resources](#)

[Financial Awareness Sessions](#)



Personal & Lifestyle

Wellbeing

It's important that you feel a sense of belonging, social inclusion and social stability, encompassing your lifestyles, values and beliefs.

[Healthy Eating resources](#)

[Family resource pack](#)

[Axa PPP](#)

[General Health & Wellbeing](#)

[Wellbeing e-learning playlist](#)

[Workplace wellbeing](#)



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WELLBEING RESOURCES

For further information please contact:

- Your People Leader
- Any Mental Health First Aider
- Your local HR department

For additional resources please see:

- [Employee Hub](#)
- [Robertzone](#)
- [Axa be supported](#)

