

Workplace Support Plan

(Recommendation from Theme 1)



Example Workplace Support Plan (Recommendation from Theme 1)

Workplace support plans should consider likely triggers/stressors for an individual, how their symptoms may impact them at work, and what they would find helpful/unhelpful. Where relevant, and where the employee consents to this, it may be useful to include some background information, or other relevant information. An example is included below made for an invented person:

Name	M Smith
Contact Details	123 4567
GP	Dr Hughes
Current difficulties	<ul style="list-style-type: none"> • Feeling anxious • Panic attacks • Worrying about lots of things • Feeling overwhelmed
Stressor/triggers at work	<ul style="list-style-type: none"> • When there are lots of customers • Being given multiple jobs to do at once • When it gets very noisy
Things that have been helpful	<ul style="list-style-type: none"> • Being able to take 5 minutes alone somewhere quiet • Not being surrounded by noise
Things that have been unhelpful	<ul style="list-style-type: none"> • Too many people being around • Everyone being told about difficulties
Reasonable adjustments the workplace can realistically offer	<ul style="list-style-type: none"> • Short breaks when feeling overwhelmed • Weekly check in with senior staff, if wanted • To work on tasks off shop floor during busiest hours
Signposted support	<ul style="list-style-type: none"> • Advised to see GP • Further ongoing support from senior staff