

# Health and Wellbeing Check-In



Hospitality Action in partnership with #FairKitchens has developed this Health and Wellbeing check-in. It's designed to help you and your employer understand how you are currently feeling and identify any workplace support to benefit your mental and physical wellbeing.

## 1. How would you currently rate your mental health?

Poor 0 1 2 3 4 Good 5 6 7 8 9 10 Excellent

## 2. Do you feel you are offered enough workplace support to help maintain good mental and physical health?

Yes

No

Not sure

If you answered 'Yes', what support was most beneficial? If you answered 'No' or 'Not sure', what further support do you think could be helpful?

## 3. How do you feel about work currently?

Uncomfortable/ anxious/scared 0 1 2 3 4 Neutral/ OK 5 6 7 8 Comfortable/ happy/excited 9 10

## 4. What is your greatest work-related and/or personal concern right now?

**5. What could your employer do to help you with concerns you are currently facing?**

**6. Do you know who you can speak to at work if you are experiencing mental and/or physical health issues and wanted to discuss this with a colleague?**

Yes

No

Not sure

If you answered 'No/Not sure' how could your employer better communicate their policy on supporting those experiencing mental and/or physical health issues?

**7. If you have an Employee Assistance Programme provided by Hospitality Action or another provider, do you know how to access this?**

Yes

No

Not sure

**8. How else can your employer help you and your colleagues? Please include here any ideas for training and/or workplace benefits that you feel would support workplace wellbeing.**

**9. Contact Details**

Name:

Job Role:

**Please note:** all information provided by you in this survey will remain confidential between you and your Manager and/or HR Department. They may contact you to offer further support and advice depending on the information provided. If you prefer you can remain anonymous.

Any personal information you provide will be processed and stored in line with the General Data Protection Regulation (GDPR EU 1016/679)

HA UK Helpline: **0808 802 0282 (24/7)**

**[www.hospitalityaction.org.uk](http://www.hospitalityaction.org.uk)**

**[www.fairkitchens.com](http://www.fairkitchens.com)**

**We've got you.**