



Supporting line managers to support their teams & manage their own mental health

April 2023

There has been a longstanding understanding of the important role line managers play in supporting employee mental health

Supported

52%

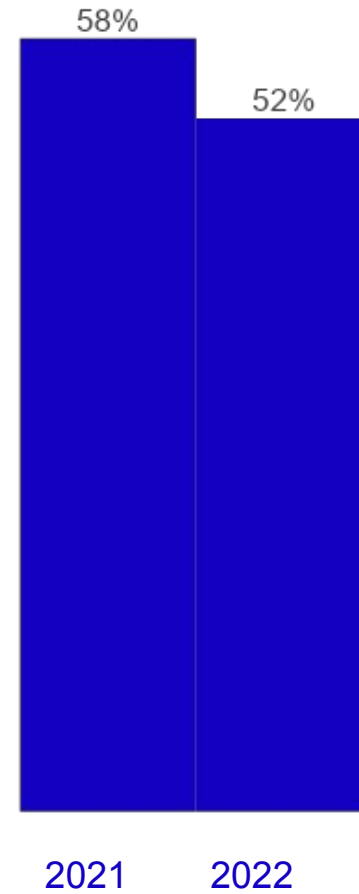
**Of those who experienced poor
mental health felt confident
they'd be supported**



Supported

6%

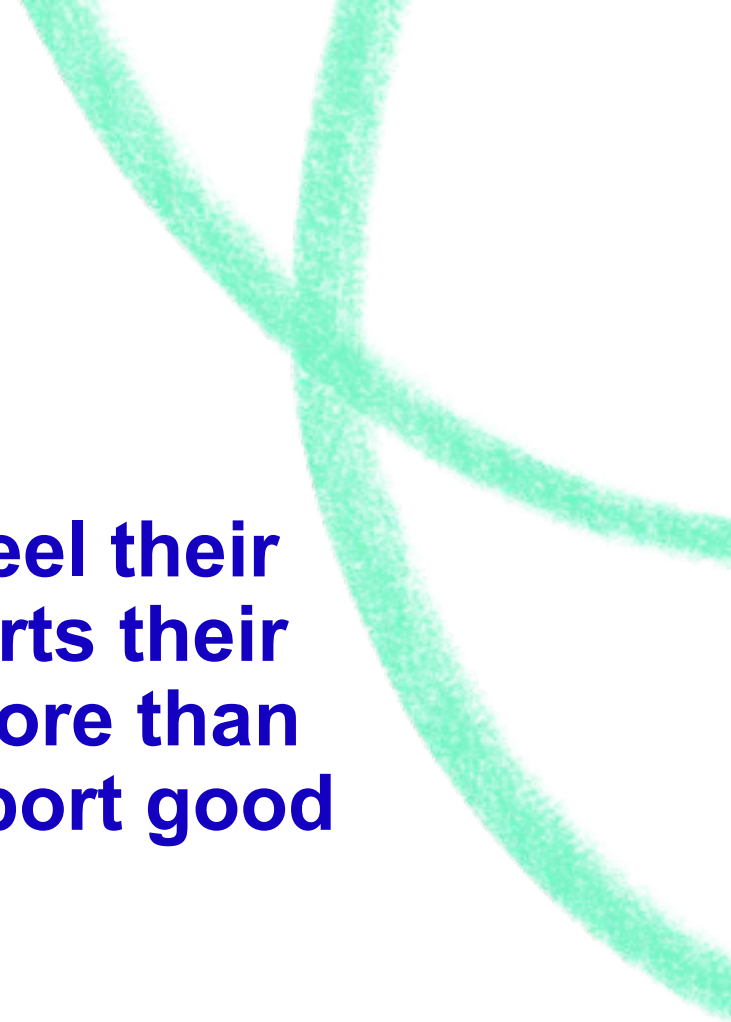
Decrease on the
previous year



Line management

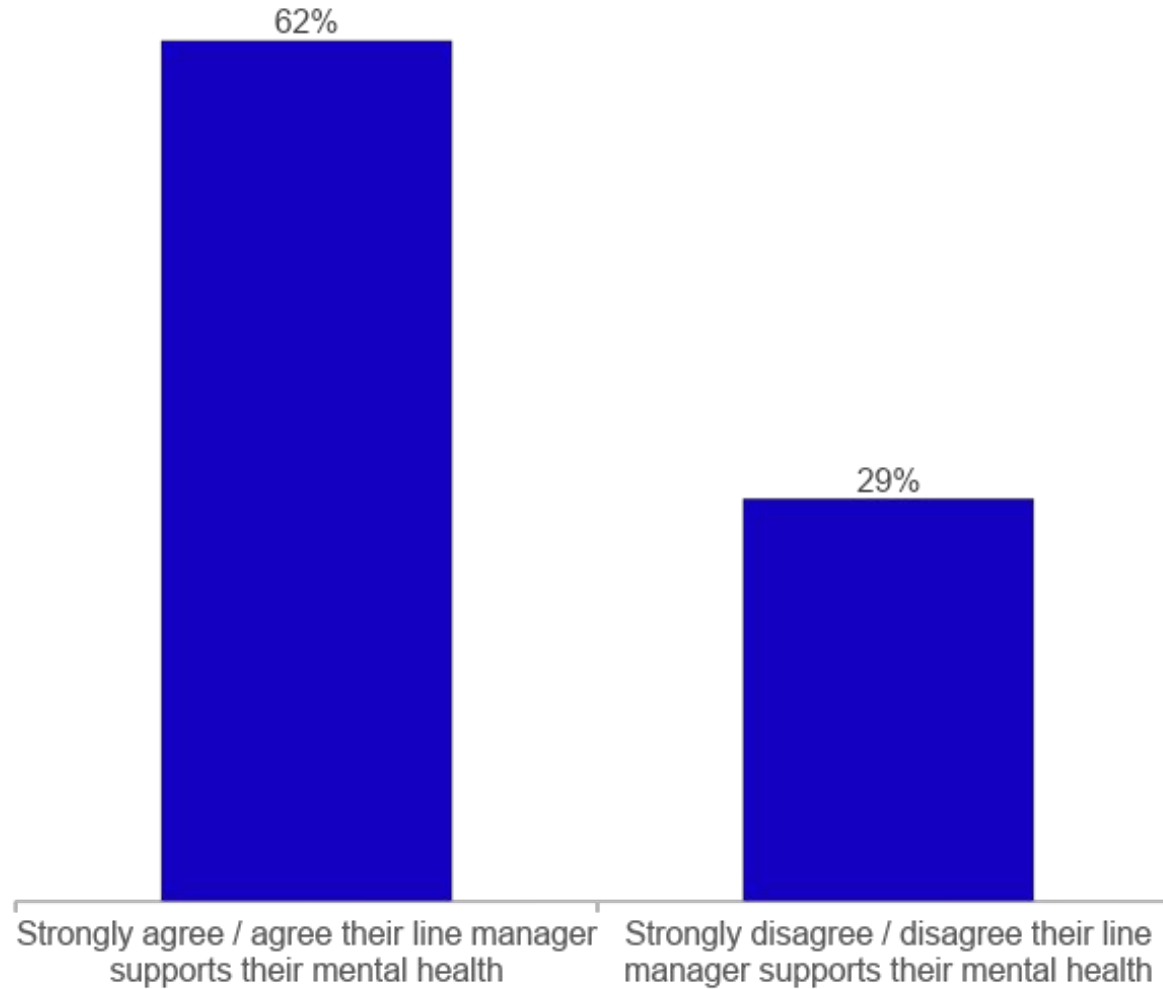
x2

Respondents who feel their line manager supports their mental health are more than twice as likely to report good mental health



Line management

x2



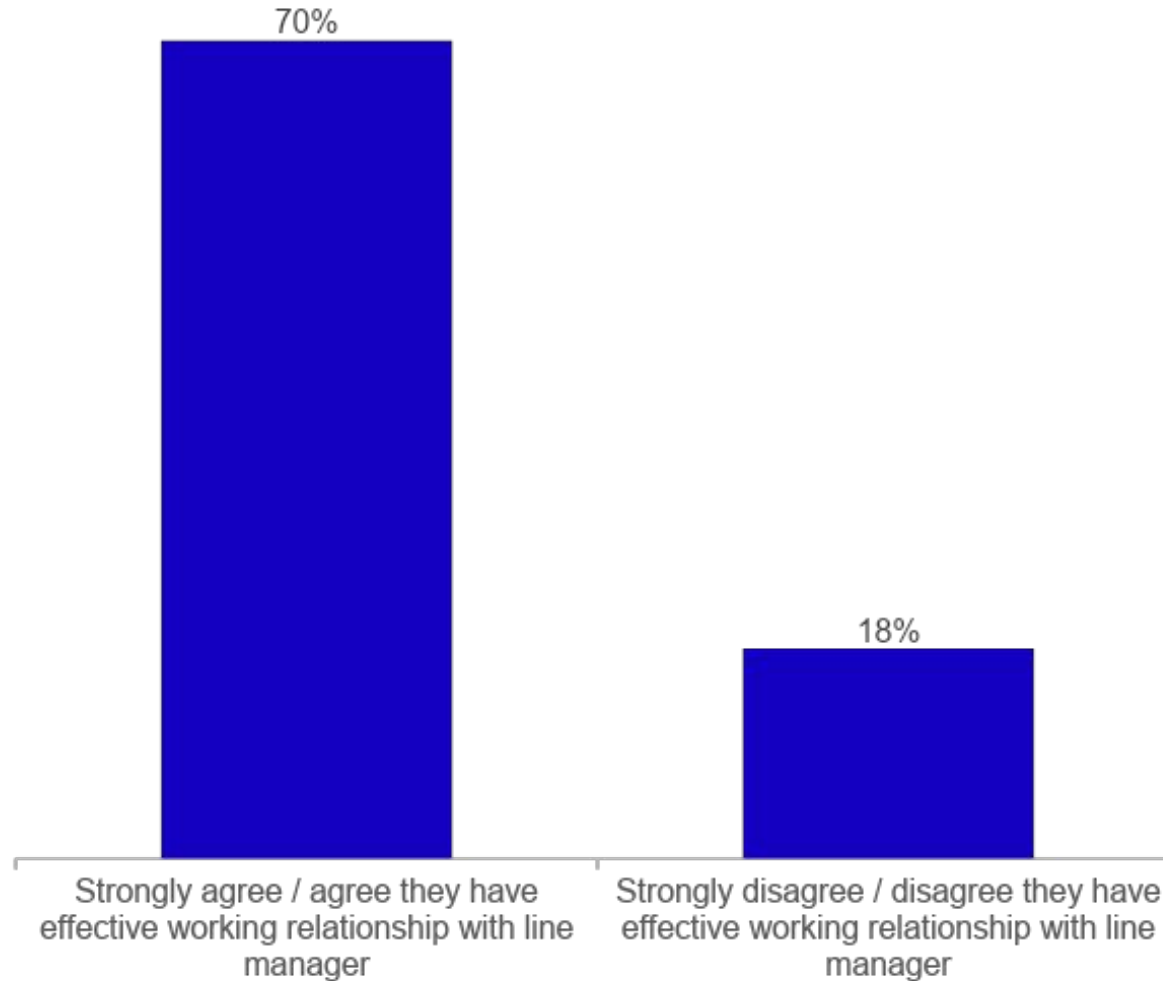
Line management

x3

Respondents who characterise their working relationship with their line manager as effective are more than three times as likely to report feeling generally happy at work over the last month

Line management

x3



Useful resources

Mind provides free guidance and workplace templates to employers.

This includes:

- Wellness Action Plans
- Manager's Guide to Wellness Action Plans
- People Manager's Guide in partnership with CIPD
- Guide for Small Businesses



mind.org.uk/workplace