

WBS
Wellbeing

Staff Wellbeing Hub – This is the home for Wellbeing. It is going to have a refresh in the coming weeks, but it has information for everyone, please save as a favourite.

You'll find information relating to your mental, physical and financial wellbeing. There's a dedicated manager page and a resources page where you'll find wellness action plans, stress risk assessments, return to work guides and more.

You can also access the Staff Wellbeing Hub via MyView (where you view payslips, book leave etc)

Employee Assistance Programme – our EAP is provided by **Spectrum.Life** and offers you and your family access to confidential financial, physical, mental wellbeing support available 24/7 365 days a year.

Spectrum.Life offers up to 8 structured counselling sessions, access to bereavement counselling plus in the moment support, medical helpline, legal support and more.

You also have instant access to an on-demand health and wellbeing platform, with a wide range of proactive health tools and programmes including digital gym, wellbeing support content, Be Calm series and more.

Menopause Network – At Sussex we have a menopause policy, trained menopause champions, an active menopause teams chat with over 60 people, we host menopause cafes, have a dedicated menopause page on the Staff Wellbeing Hub with support, training and guidance for line managers as well as those experiencing symptoms.

We are also working towards becoming an Accredited Menopause Friendly Employer.

Mental Health First Aid network – Mental Health First Aid (MHFA) is an internationally recognised training course, designed to teach people how to spot the signs and symptoms of mental ill health and provide help on a first aid basis. MHFA teaches people how to recognise those crucial warning signs of mental ill health and feel confident to guide someone to appropriate support

At Sussex our Mental Health First Aid network is made up of staff across the University and we have nearly 40 active MHFAiders.

**If you'd like to hear more about MHFA or Menopause networks please email
w.carey@sussex.ac.uk**

Equality, Diversity and Inclusion – The Equality, Diversity and Inclusion Unit is responsible for promoting, co-ordinating and embedding equality, diversity and inclusion across the whole university community. Their page also holds information about the following network and support groups

Networks and support - Staff networks and support at Sussex include:

- BAME staff network
- Dignity and Respect Champions
- Equality, Diversity and Inclusion Champions
- Ethnic Minority Staff Network
- Graduate Associates Staff Network
- Gypsy, Roma and Traveller People
- Long COVID Staff Support Network
- LGBT+ Staff Network
- Neurodiversity Staff Support Network
- Report and Support Tool
- Staff Disability Network
- Sussex Parent and Carer network
- Trans and Non-Binary Staff Network

Occupational Health – Heales Medical are our occupational health provider, they offer support, advice and recommendations to help maintain the wellbeing of staff at Sussex. Managers can refer their team member via a portal on our staff pages.

Staff can also access their health and wellbeing portal via this [link](#)

Human Resources – the HR page signposts to all departments within HR including Payroll, Pensions, OD, Reward and Benefits, HR Business Services, International HR, Occupational Health. The page has a wealth of information including policies, guidance, T&C's, Union agreements, Management support, Flexible working and much more

Health and Safety – the H&S pages host information relating to mandatory training, incident reporting, emergencies and business continuity, governance, map of defibrillators located at Sussex.

The page also provides information on who to contact in an emergency and why we need to call security before 999

Sussex Sports – Access to Sussex Sports is another great service for staff at Sussex. With 2 facilities on site and a comprehensive timetable of activities, membership options, and access to sports injury clinic it's worth taking a look at their page to find out more.

Reward and Benefits – The Reward hub is packed with information related to rewards and benefits for staff including Pension, Discounted gym membership, Cycle to work, Life Assurance, Health Cash Plans and more. You'll also be able to access the **Reward Gateway** which offers some great staff discounts and has a wellbeing hub with information for mind, body and your wallet!

University of Sussex Chaplaincy – Located in the Meeting House, Chaplains are available for the whole campus and offer welcoming informal support to those both with and without faith. There are regular meditation sessions too which are all held on campus in the serenity of the meeting house chapel.

Organisational Development – OD supports the University’s staff to realise their full potential with workshops, training, coaching, mentoring, LinkedIn learning, Learn Upon and more

Online Learning – Staff have access to LinkedIn Learning and Learn Upon. They cover a broad range of subjects including wellbeing related sessions. They are typically less than an hour and can be accessed at a time and place that suits you.

As a member of staff at Sussex, you have free access to more than 16,000 courses covering a vast range of personal and professional development topics on LinkedIn Learning.

You should be able to login using your Sussex ITS username and password (eg. ab123@sussex.ac.uk). For more information on how to get started, visit the [ITS LinkedInLearning webpage](#).

Wendy Carey

Staff Wellbeing Manager

w.carey@sussex.ac.uk

sussex.ac.uk/humanresources/business-services/staff-wellbeing



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