

# Supporting SLTs with disabilities in the workplace: Useful links and resources

## Government and human rights links

- [equalityhumanrights.com/](https://equalityhumanrights.com/)
- [gov.uk/access-to-work](https://gov.uk/access-to-work)
- [gov.uk/browse/disabilities/work](https://gov.uk/browse/disabilities/work)
- [equalityhumanrights.com/en/multipage-guide/employing-people-workplace-adjustments](https://equalityhumanrights.com/en/multipage-guide/employing-people-workplace-adjustments)

## The Health and Care Professions Council (HCPC)

- [hcpc-uk.org/students/health-disability-and-becoming-a-health-and-care-professional/during-your-programme/](https://hcpc-uk.org/students/health-disability-and-becoming-a-health-and-care-professional/during-your-programme/)
- [hcpc-uk.org/students/guidance-on-conduct-and-](https://hcpc-uk.org/students/guidance-on-conduct-and-)

[ethics/be-honest-and-trustworthy](#)

## Your rights and the employer's obligations

- [acas.org.uk/supporting-mental-health-workplace](#)
- [hse.gov.uk/stress/mental-health.htm](#)
- [nhsemployers.org/retention-and-staff-experience/diversity-and-inclusion/policy-and-guidance/disability/reasonable-adjustments-in-the-workplace](#)

## Charities, third sector and other links

- [differencenortheast.org.uk](#)
- A [blog and book](#) from a student about her experiences of university with a chronic illness

## Mental Health in the Workplace

### General guides to mental health at work

- [mentalhealth.org.uk/publications/how-support-](#)

## [mental-health-work](#)

- [https://mhukcdn.s3.eu-west-2.amazonaws.com/wp-content/uploads/2019/05/08103409/Wellbeing-Guide-MHUK\\_DIGI.pdf](https://mhukcdn.s3.eu-west-2.amazonaws.com/wp-content/uploads/2019/05/08103409/Wellbeing-Guide-MHUK_DIGI.pdf)
- [info.totalwellnesshealth.com/blog/foolproof-tips-for-staying-mentally-healthy-at-work](http://info.totalwellnesshealth.com/blog/foolproof-tips-for-staying-mentally-healthy-at-work)
- [employeebenefits.co.uk/tips-to-stay-mentally-healthy-at-work](http://employeebenefits.co.uk/tips-to-stay-mentally-healthy-at-work)

## COVID-19 specific advice

- [citymha.org.uk/Resources/News-and-Views/370-/supporting-colleagues-to-stay-mentally-healthy-in-unusual-working-conditions](http://citymha.org.uk/Resources/News-and-Views/370-/supporting-colleagues-to-stay-mentally-healthy-in-unusual-working-conditions)

## Tips for employees

- [mind.org.uk/media/6895/how-to-be-mentally-](http://mind.org.uk/media/6895/how-to-be-mentally-)

[healthy-at-work-2020.pdf](#)

- [mind.org.uk/workplace/mental-health-at-work/taking-care-of-yourself/tips-for-employees/](#)
- [samh.org.uk/documents/SAMH\\_How\\_To\\_Be\\_Mentally\\_Healthy\\_At\\_Work\\_1.pdf](#)

## **Discrimination at work due to mental health**

- [mind.org.uk/information-support/legal-rights/discrimination-at-work/examples-of-discrimination-at-work](#)
- [highspeedtraining.co.uk/hub/mental-health-discrimination-at-work](#)

## **Tips for employers**

- [mind.org.uk/media-a/4806/how-to-support-staff-who-are-experiencing-a-mental-health-problem\\_wales\\_v2.pdf](#)

- [headsup.org.au/docs/default-source/resources/bl1235-managing-someone-with-a-mental-health-condition.pdf?sfvrsn=2](https://headsup.org.au/docs/default-source/resources/bl1235-managing-someone-with-a-mental-health-condition.pdf?sfvrsn=2)

## Trade unions

- [tuc.org.uk/research-analysis/reports/autism-workplace](https://tuc.org.uk/research-analysis/reports/autism-workplace)
- [unitetheunion.org/what-we-do/equalities/sectors/disabled-members/](https://unitetheunion.org/what-we-do/equalities/sectors/disabled-members/)

## Documentaries

### **Silenced: The hidden story of Disabled Britain**

For more than a century, one group of people in Britain has been shut out of society, denied basic human rights and treated with fear and prejudice. In this shocking, moving film, Cerrie Burnell is going to uncover the hidden story of how disabled people fought back – and won their freedom. Now, she wants

to find out where these attitudes to disabled people come from and why they persist today.

- [bbc.co.uk/programmes/m000rh1g](https://www.bbc.co.uk/programmes/m000rh1g)

### **Targeted: The Truth about Disability Hate Crime**

A film about the routine aggression and abuse faced by disabled people in today's Britain, from verbal name-calling to violent physical attacks. Featuring a wide range of testimony from survivors.

- [bbc.co.uk/programmes/m000rh4p](https://www.bbc.co.uk/programmes/m000rh4p)