

TRAINING AND
EVENTS FROM



NEBOSH HSE Certificate in Managing Stress at Work

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NEBOSH, the National Examination Board in Occupational Safety and Health, is a world leading provider of Health, Safety, Environmental and Wellbeing qualifications.

Registered in England and Wales | Company number: 2698100 | Registered charity number: 1010444

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0304.02/230625



Globally recognised health,
safety, environmental, risk and
wellbeing qualifications



This qualification will help learners, and their organisations reduce one of the biggest causes of work-related ill health; stress.

Developed with the Health and Safety Executive (HSE), the health and safety regulator for Great Britain, the NEBOSH HSE Certificate in Managing Stress at Work aims to help you identify and reduce workplace stressors in order to create a positive, healthier workplace.

Who is it for?

This qualification is suitable for anyone responsible for employee wellbeing or for managing workplace stress, including :

- Health and Safety professionals
- Human Resource professionals
- Line managers and supervisors
- Occupational health professionals

What will I learn?

Studying this qualification will help you understand:

- The key principles of work-related stress and its relationship to mental ill health issues
- How to recognise the causes and effects of workplace stress
- The responsibilities of employers and individual roles in managing workplace stress

- How to apply the HSE's Management Standards approach to assess stress risks in the workplace
- How to develop suitable interventions to address stressors, reduce negative impacts, and manage the effects of stress in the workplace
- Ways to continually improve your organisation and create a great place to work

How will it help me?

Developed with the expertise of HSE's organisational psychologists, this qualification will provide you with in-depth, best practice learning which will allow you to make an impact in your role by:

- Understanding the six key areas of work design which can cause stress
- Learning how to establish a framework to manage and address stress in your workplace
- Understanding how to identify early warning signs and provide support to individuals
- Learning about strategic interventions that address the root causes of stress in your organisation

Advantages for employers

Investing in the understanding and prevention of work-related stress and improved wellbeing can benefit your organisation in several ways. This qualification will help you to:

- Build valuable in-house expertise
- Improve staff attendance levels and reduce absences
- Boost staff performance and productivity
- Enhance your organisation's reputation
- Build organisational and workforce resilience
- Reduce the threat of litigation
- Create a safer and healthier work environment

This qualification will give you confidence that your team is trained in HSE's current approach to managing and controlling stress at work. By adopting the principles taught in this qualification you can empower your employees to create a positive workplace, and significantly reduce the causes and effects of workplace stress.

Where can I take a course leading to the NEBOSH HSE Certificate in Managing Stress at Work Assessment?

This qualification can be studied with accredited Learning Partner listed on the NEBOSH website.

Please contact the Learning Partners directly to find out how their course will be structured.

How is it assessed?

A multiple-choice assessment is completed at the end of the course. You will be presented with a realistic workplace scenario, and will answer multiple-choice questions focused on the principles learnt throughout the course.

Further details, including the syllabus guide, can be found on our website.

Where can I find out more?

For further details about NEBOSH HSE Certificate in Managing Stress at Work visit:

www.nebosh.org.uk/hsestress

“Organisations that take action to reduce work-related stress before it becomes a problem have reported improvements in productivity, staff retention and a reduction in sickness absence. It's more than that though. It's about creating the right work environment for people to thrive and if you don't look at what you are doing at the organisational level, everything else is just a sticking plaster.”

Jen Webster
Occupational Psychologist, HSE