

Building a happier, more resilient workforce

Free resources



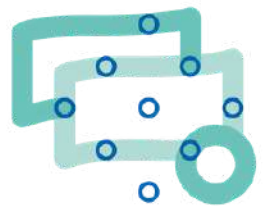
Engineers support the world. We're here to support them.

Engineers help shape the world every day. They tell us it can be rewarding, demanding and unpredictable. They also tell us it can be hard to know where to turn for support.

We're Foothold

We're a charity that's been here for engineers and their families since 1890. We don't know much about engineering, but we do know engineers.

When engineers face stress, health issues, money worries, family pressures – or just want to look after their wellbeing – **Foothold is here.**



135 years of supporting engineers around the world

Working together for a healthier and happier sector

Many engineering and manufacturing firms have employee assistance programmes in place. But many aren't able to offer this, or have gaps in their programmes which Foothold's resources help to fill.

When engineers are empowered to look after their own wellbeing, they can build skills and resilience to tackle problems before they reach crisis point.

We understand seeking help isn't always easy. But whatever the challenge, big or small, our free online hubs give engineers real tools to solve problems today.

Thanks to generous donations from the engineering community, we're able to provide all of the following support for free.

Have you ever seen someone you work with struggling?

Keep reading to explore our free resources.



Monthly webinars

We offer a free webinar every month for the engineering community.

Our expert speakers cover all sorts of subjects, from mental and physical health to personal finance and planning for the future.



The webinars cover topics that our community tell us are important to them. So far we've covered subjects as diverse as good gut health, imposter syndrome, ageing well, neurodiversity and money hacks for everyday savings.

People who sign up for our webinars can also watch them back on-demand and get additional resources which complement the webinar topic.

Browse webinars



FREE webinar

Get expert advice from a financial adviser, who'll share how you can reduce your outgoings and look after your money (and mind) during the cost of living crisis.

Money smart hacks for everyday savings

Friday 25 July
12.00 - 13.00 UK time



FREE webinar

Understand the causes, signs and impact of anxiety, and gain practical insights into how to manage it in your day-to-day life.

Understanding Anxiety

Friday 23 May
12.00 - 13.00 UK time



FREE webinar

Ever feel like you're pretending to belong? Join us as we explore the hidden barriers to success and personal fulfilment.

Mastering Self-belief: Tackling the Imposter Phenomenon

Friday 20 June
13.00 - 14.00 UK time

Mental Health Check-In tool

We all need to regularly check in on our mental health.

In collaboration with experts Rightsteps, we developed this mental health self-check tool for the engineering community. It's a starting point to help engineers understand how they're feeling right now and find ways to improve their mental health.

After answering a series of clinically validated questions, they will see their results along with personalised advice and links to useful information to take action on their health and wellbeing, if they decide to do so.

People can download a summary of their results. All data is securely stored and scores won't be shared with anyone. They can also print a summary of results if it's helpful for starting conversations with their GP or another professional.

[Try Mental Health Check-In](#)

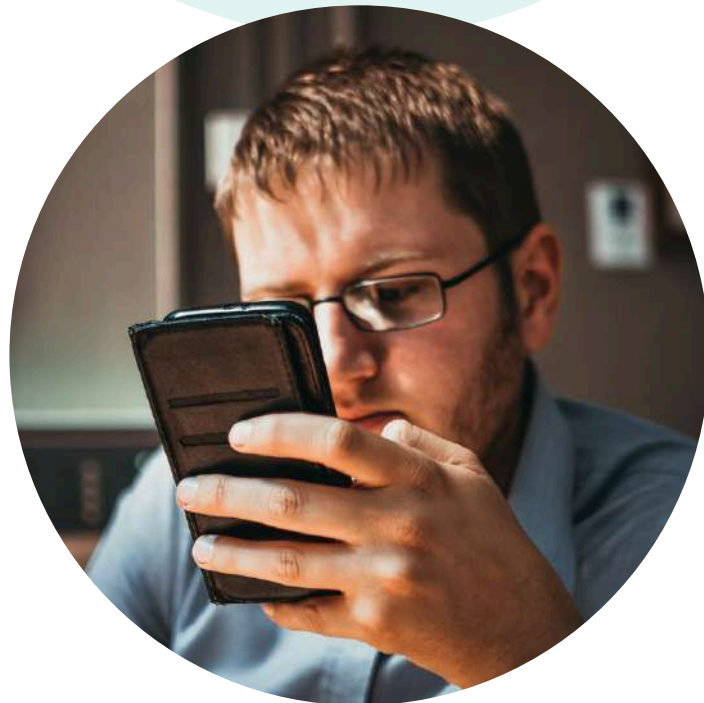
89%

of engineers said they experience stress from their job

40%

said they struggle mentally due to the demands of their role

Hays: Future of Engineering Survey, 2023

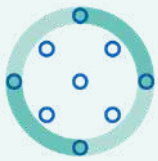


Wellbeing Hub and online CBT

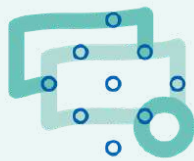
Living well looks different for everyone. We want to give everyone in our community a way to improve their lives in a way that suits them.

Our Wellbeing Hub contains advice and information to empower people to improve their financial, physical and mental wellbeing.

All the on-demand support in the Wellbeing Hub is clinically validated and designed by experts.



Mental health support



Financial support



Lifestyle support



Physical health support

Our Wellbeing Hub also contains a series of online Cognitive Behavioural Therapy (CBT) programmes: 5–8 week courses of structured, self-paced information to help people achieve behavioural change. The programmes include topics such as:

- Stress at Work
- Social Anxiety
- Low Mood
- Stopping Smoking
- Understanding My Drinking

[Explore Wellbeing Hub](#)

Neurodiversity support

Our Differently Wired Hub is a free online resource to help engineers access support, learn about neurodiversity and discover more about themselves and their colleagues, so that they can thrive, whatever their circumstances.

The information can also be helpful for employers who want to better understand neurodiversity, increasing their organisation's success by creating an inclusive environment where everyone is supported to do their best work.

An estimated
960,000
neurodivergent engineers
work in the UK*

32%
of neurodivergent people
have not been able to
disclose at work

City & Guilds, 2025

[Visit Differently Wired Hub](#)

*Based on 6.4m people in the sector (EngineeringUK, 2025) and 15% of the UK population being neurodivergent (University of Edinburgh, 2024).



Legal and financial factsheets

In collaboration with Law Express, one of the UK's leading providers of independent legal advice, we offer a comprehensive collection of legal and financial factsheets.

From divorce and work dismissal, to personal injury and inheritance tax, these up-to-date factsheets are here to guide people in the right direction.

There's also a Foothold app, allowing engineers to access the factsheets on the move.

Both the factsheets and the app now feature an AI chat bot to collate helpful information that applies to the person's situation.

Explore factsheets and app



Foothold in the media



You may have seen us in *The Engineer* magazine and the IET's *E&T Magazine*. We also regularly raise awareness of the support we offer in *Electrical Engineering Magazine*.

Work with us

We work directly with employers and sector bodies to help communicate the support available to their engineers. We can create comms materials to help with that process.

We're also happy to attend forums and events (though we are a small team!).

If your organisation has something particular in mind, or wants to support our work, just let us know – we'd love to discuss a tailored collaboration.

Get in touch



Foothold
Supporting engineers