

Mental Health Champions

Check-In



PHILIPS

HOW MANY OF YOU...

RAISE YOUR HAND IF YOU AGREE 



HOW MANY OF YOU ARE EXCITED TO BE IN THIS CHECK-IN SESSION?



HOW MANY OF YOU WOULD LIKE A NEW SKILL TO TAKE AWAY?



HOW MANY OF YOU ARE NOT EXCITED TO BE IN THIS CHECK-IN SESSION?

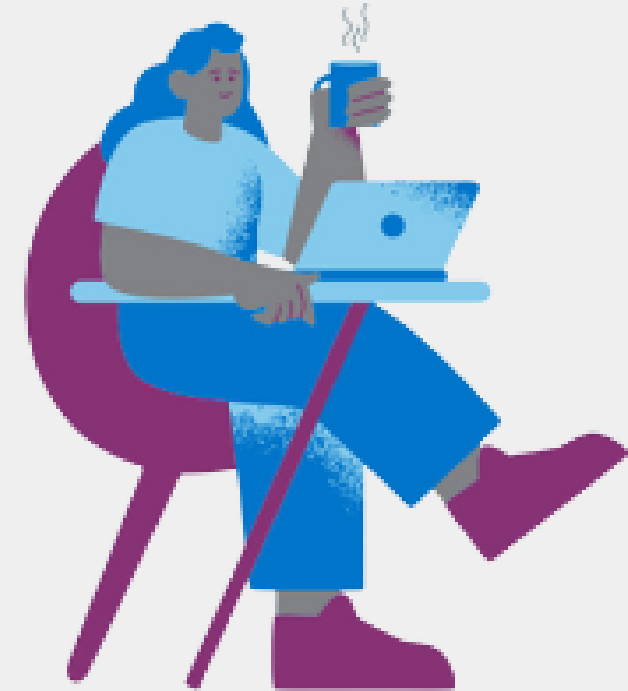
HOW TO USE THE SESSION

Cameras on please – this is not a lecture; this is an **interactive workshop**. The content has been written to move on when you participate.

Questions will be asked throughout the session, **please get involved** on the microphone and the chat section. This is not the facilitator's session, it's everyone's session! Put your hand up or make a request to share on the mic using the chat.

There will be opportunities to participate – so... **we need to hear from you!**

Please **feel free to ask questions, share experiences, disagree, seek clarification, tell me to slow down** - whatever you need at any time.



GROUND RULES: CREATING A TRUSTED SPACE

BE ON TIME

HONESTY & RESPECT

BE HERE NOW:
NOT BE HERE SOMETIMES

KEEP AN OPEN MIND

LIMIT DISTRACTIONS:
TECH OFF OR ON SILENT

CONFIDENTIALITY

USING 'I...' STATEMENTS

PARTICIPATION:
WHAT YOU PUT IN IS WHAT YOU GET OUT

SAFEGUARDING

Please feel free to add more in the chat section...

THE BRIDGE ANALOGY

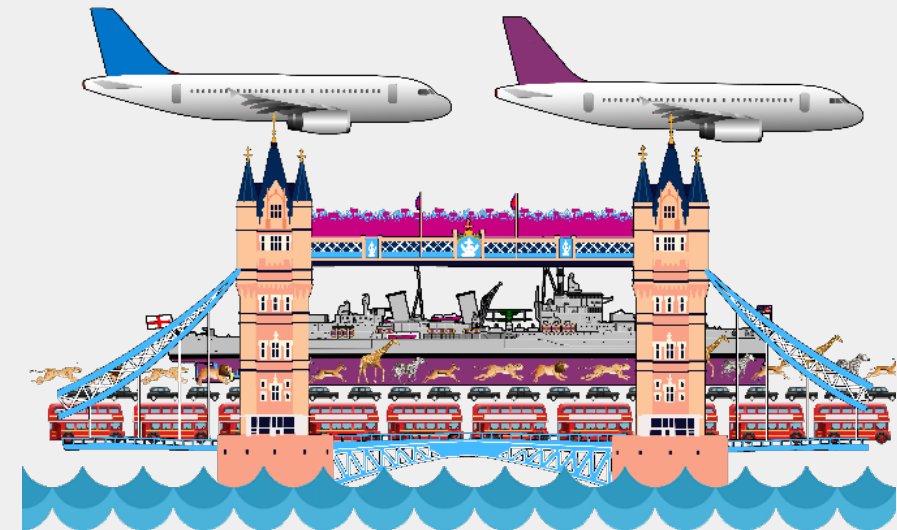
HOW'S YOUR BRIDGE DOING?



ASKING BETTER QUESTIONS

EXAMPLES OF BETTER QUESTIONS:

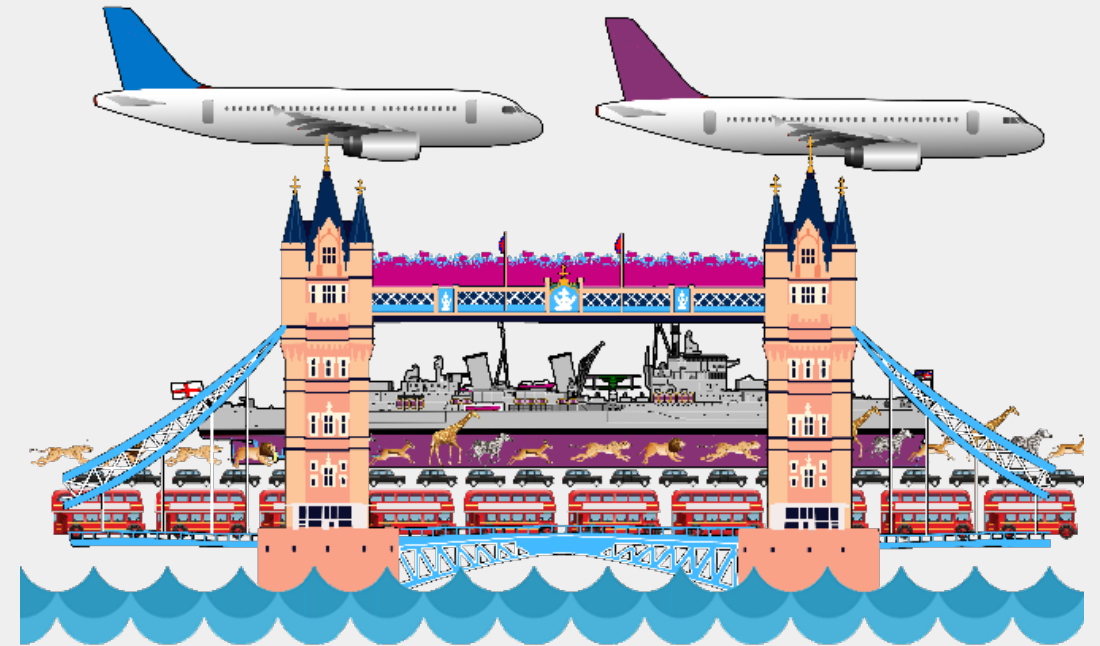
- HOW'S YOUR BRIDGE?
- WHAT'S ON THE BRIDGE?
- WHAT'S GOING WELL THIS WEEK?
- WHAT ARE YOU LOOKING FORWARD TO THIS WEEK?
- HOW ARE YOU FEELING?
- WHAT ARE YOUR WINS THIS WEEK?
- ON A SCALE FROM 4-19: HOW WOULD YOU RATE YOUR WEEK SO FAR?
- ...HOW DO WE GET YOU TO 19?
- OVER THE LAST TWO WEEKS; IF YOU WERE A MOVIE CHARACTER WHO WOULD IT BE AND WHY?



THE BRIDGE ANALOGY

LET'S CHECK-IN ON
EACH OTHER:

REMEMBER TO 'ASK
BETTER QUESTIONS'



PSYCHOLOGICAL SAFETY



SAFETY TO CHALLENGE AS CHAMPIONS

SAFE TO CHALLENGE

**BEING ABLE TO CHALLENGE THE STATUS QUO IS
INTEGRAL TO A BUSINESS GROWING**

**BUT MORE IMPORTANTLY, CHALLENGING HELPS
IMPROVE THE PROCESS WE HAVE**

**HOW COULD SAFETY TO CHALLENGE SUPPORT
AND GROW US AS CHAMPIONS?**

YOUR ACTION PLAN: SAFETY TO CHALLENGE

WHAT WILL YOU DO TO...

- **ENSURE YOUR COLLEAGUES HAVE THE SPACE AND SAFETY TO CHALLENGE!**
- **KEEP ASKING BETTER QUESTIONS!**
- **KEEP COMING TO WELLBEING CHECK-INS!**



SUPPORT RESOURCES

Global Resources

H&W

- [Global Health and Wellbeing SharePoint page](#)
- [Physical Well-being](#)
- [Mental Well-being and EAP](#)
- [Mental Health Champions Program](#)
- [Social well-being](#)

H&S

- [Mental Health focus 2022](#)
- [Global health and safety Intranet page](#)
- [Occupational Health and Safety Policy](#)
- [Philips Corporate Safety Standards](#)

Online Learnings

For People Leaders:

- [Bias @ work](#)
- [Psychological Safety for People Leaders](#)
- [Manager Mental Health awareness](#)

For Employees and Teams:

- [Energy management](#)
- [Mindfulness for performance](#)
- [Emotional well-being in a remote environment](#)
- [Psychological Safety for Team Members](#)

- [Safety and You](#)
- [Inspections and Observations](#)
- [First aid – Stress](#)
- [First aid – Mental Wellness](#)
- [Office Safety](#) (for office/field)
- [Safety Orientation](#) (for operations)
- [Office or Industrial Ergonomics](#)
- [Preventing Slips, Trips and Falls](#)
- [Defensive Driving](#)

Additional learning is available on Philips University 'MyLearning'

SUPPORT RESOURCES

Go to www.stress.org.uk/phandbooks to download the resources deck

Local Resources

- Interactive [Health and Wellbeing Map](#) – navigate to your country to find local resources, inc. Employee Assistance Programs and wellbeing tools
- Local H&S Officers support you in working in a healthy and safe way. If you have questions, feel free to reach out to them. Talk to your manager to identify your local health and safety contact.

Additional Resources

For People Leaders:

- [Building High Performing Teams: Psychological Safety & Trust](#) - Lecture by Gijs Groeneveld

For Employees and Teams:

- [Developing resilience in teams](#) – Lecture by Kilian Wawoe
- [The Virtual Fitness Group & General H&W Yammer group](#)
- [Daily Self-care tips](#)
- [Guidelines for healthy and mindful behavior](#)
- [Ergonomic workspace self assessment and stretching program](#)
- [Healthy Sleep recorded webinar](#) - Bogdan Santa, Clinical Sleep Specialist, SRC



EXTERNAL SUPPORT RESOURCES

INTERNATIONAL MENTAL HEALTH SUPPORT

<https://portal.cca.edu/thriving/counseling/international-mental-health-support/>

<https://www.opencounseling.com/suicide-hotlines>

THERAPY ROUTE

<https://www.therapyroute.com/article/helplines-suicide-hotlines-and-crisis-lines-from-around-the-world>

Australia & NZ

<https://checkpointorg.com/global/>

Saudi

<https://www.opencounseling.com/hotlines-sa>

UAE

<https://www.opencounseling.com/hotlines-ae>

China

Emergency: 110; Cell Phones: 112

Beijing Suicide Research and Prevention Center Hotline: (Free): 0800-810-1117, (Mobile/IP/extension users): 010-8295-1332;
Lifeline Hotline: 400 821 1215; Lifeline Yanji Hotline: (0433) 273 9595

WHAT DO YOU NEED TO ASK BEFORE WE END TODAY'S SESSION?



Answer in the chat section...

THANK YOU!

We look forward to supporting your wellbeing journey...



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