

# Prioritising Mental Health In Your Workplace



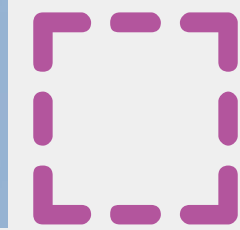
# HOW MANY OF YOU...



HOW MANY OF YOU HAVE EVER EXPERIENCED POOR MENTAL HEALTH DUE TO WORK RELATED ISSUES?



HOW MANY OF YOU HAVE EVER STRUGGLED TO REACH OUT FOR SUPPORT WHEN EXPERIENCING POOR MENTAL HEALTH AT WORK?



HOW MANY OF YOU HAVE NEVER STRUGGLED WITH POOR MENTAL HEALTH DUE TO WORK RELATED ISSUES?

**THIS SESSION IS BEING RECORDED...**

**RECORDING IN  
PROGRESS**

THIS SESSION IS BEING RECORDED AND WILL BE  
AVAILABLE AFTER THE EVENT AT  
[www.stress.org.uk/public](http://www.stress.org.uk/public)

# ABOUT US



**The Stress Management Society** is a non-profit organisation dedicated to helping individuals and companies recognise and reduce stress. We are a small organisation in West London who have been dedicated to leading effective universal change with our passionate approach to recognising and reducing stress and promoting wellbeing since 2003.

**International Wellbeing Insights** is the research and consultancy arm of The Stress Management Society.

Our vision is to create a **happier, healthier** and more **resilient** world.

# HOW TO USE THE WORKSHOP

**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**

**BE HERE NOW:**  
NOT BE HERE SOMETIMES

**LIMIT DISTRACTIONS:**  
TECH OFF OR ON SILENT

**PARTICIPATION:**  
WHAT YOU PUT IN IS WHAT YOU GET OUT

**HONESTY & RESPECT**

**KEEP AN OPEN MIND**

**USING 'I...' STATEMENTS**

**CONFIDENTIALITY**

**SAFEGUARDING**

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

## FURTHER RESOURCES TO SUPPORT THIS SESSION

We have a free guidebook  
to support this session as well  
as these slides available  
to download at:

***LINK FOR WEBPAGE WILL BE ADDED***

# PROVE ME WRONG

**IS PRIORITISING OUR  
MENTAL HEALTH A  
WASTE OF OUR TIME?**



**ANSWER IN THE CHAT OR RAISE  
YOUR HAND FOR THE  
MICROPHONE**



# WHAT IS MENTAL HEALTH?

**17 MILLION WORKING DAYS ARE LOST DUE TO MENTAL HEALTH AT WORK IN THE UK** (MIND, 2022)

**MENTAL HEALTH COSTS THE GLOBAL ECONOMY \$1 TRILLION EVERY YEAR** (WHO, 2020)

**75% OF GEN Z AND 50% OF MILENNIALS HAVE LEFT A JOB FOR MENTAL HEALTH REASONS** (2020, HAVARD BUSINESS REVIEW)

**...YET 67% OF PEOPLE FEEL UNCOMFORTABLE DISCUSSING MENTAL HEALTH WITH THEIR EMPLOYERS** (BUPA, 2023)

**WHAT IS THIS HEALTH CRISIS?  
MENTAL ILL-HEALTH**

**ANSWER IN THE CHAT OR  
ON THE MICROPHONE**

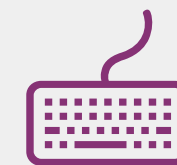
# BARRIERS TO MENTAL HEALTH SUPPORT

**WHAT DOES MENTAL  
HEALTH MEAN TO  
YOU?**

**WHAT DO YOU  
EXPERIENCE?**



**ANSWER IN THE CHAT OR RAISE YOUR HAND FOR  
THE MICROPHONE**



# PEOPLE, CULTURE & WELLBEING GPS

## WELLBEING GPS ROUTE MAP

**A SATNAV CAN ONLY WORK IF IT KNOWS EXACTLY WHERE YOU ARE AND A CLEAR DESTINATION HAS BEEN ESTABLISHED IN ORDER TO PLOT THE OPTIMAL ROUTE TO GET THERE.**

**WITHOUT BOTH THE CURRENT POSITION AND INTENDED DESTINATION, THE SATNAV CANNOT GUIDE YOU – THE SAME APPLIES TO A PEOPLE, CULTURE AND WELLBEING JOURNEY.**



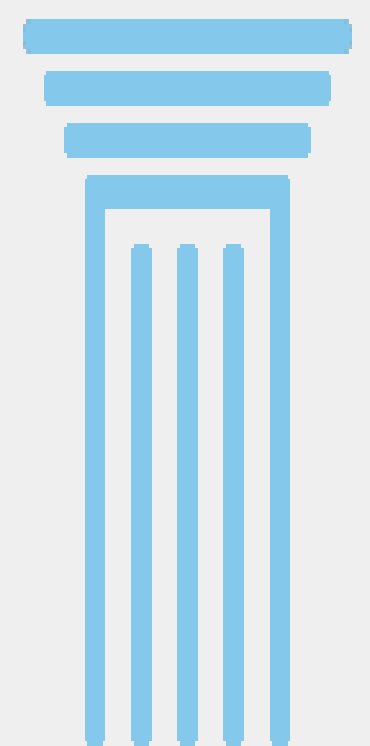
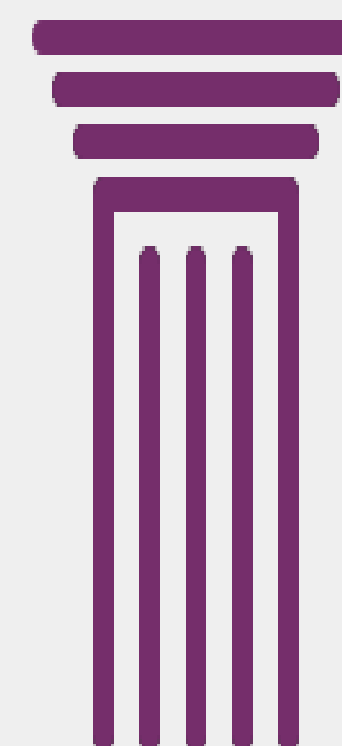
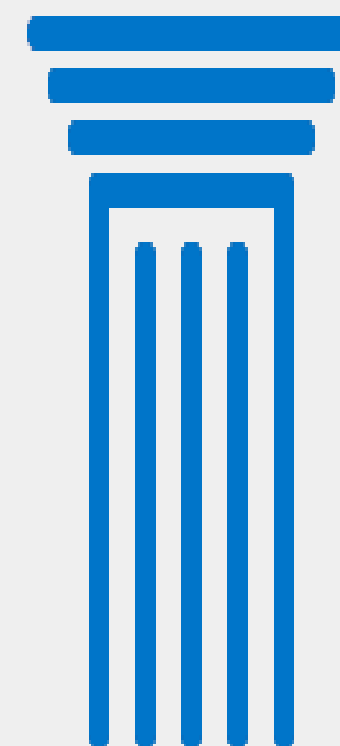
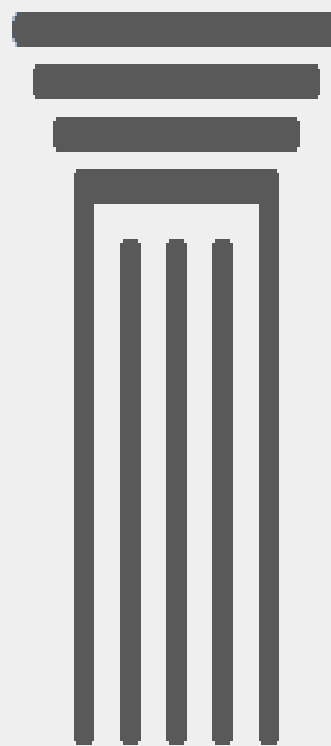
# THE 4 PILLARS OF WELLBEING

PEOPLE

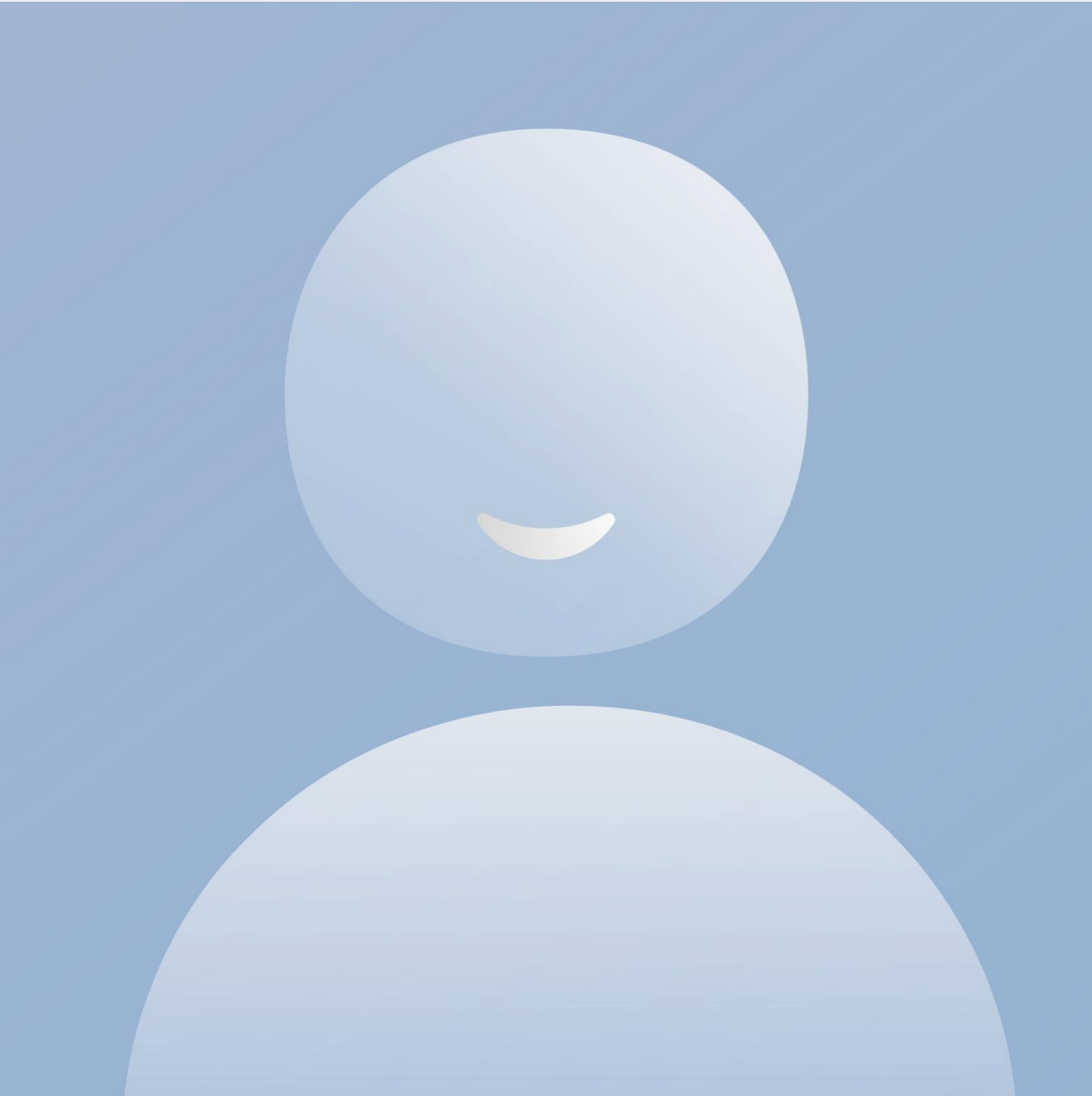
CULTURE

WELLNESS

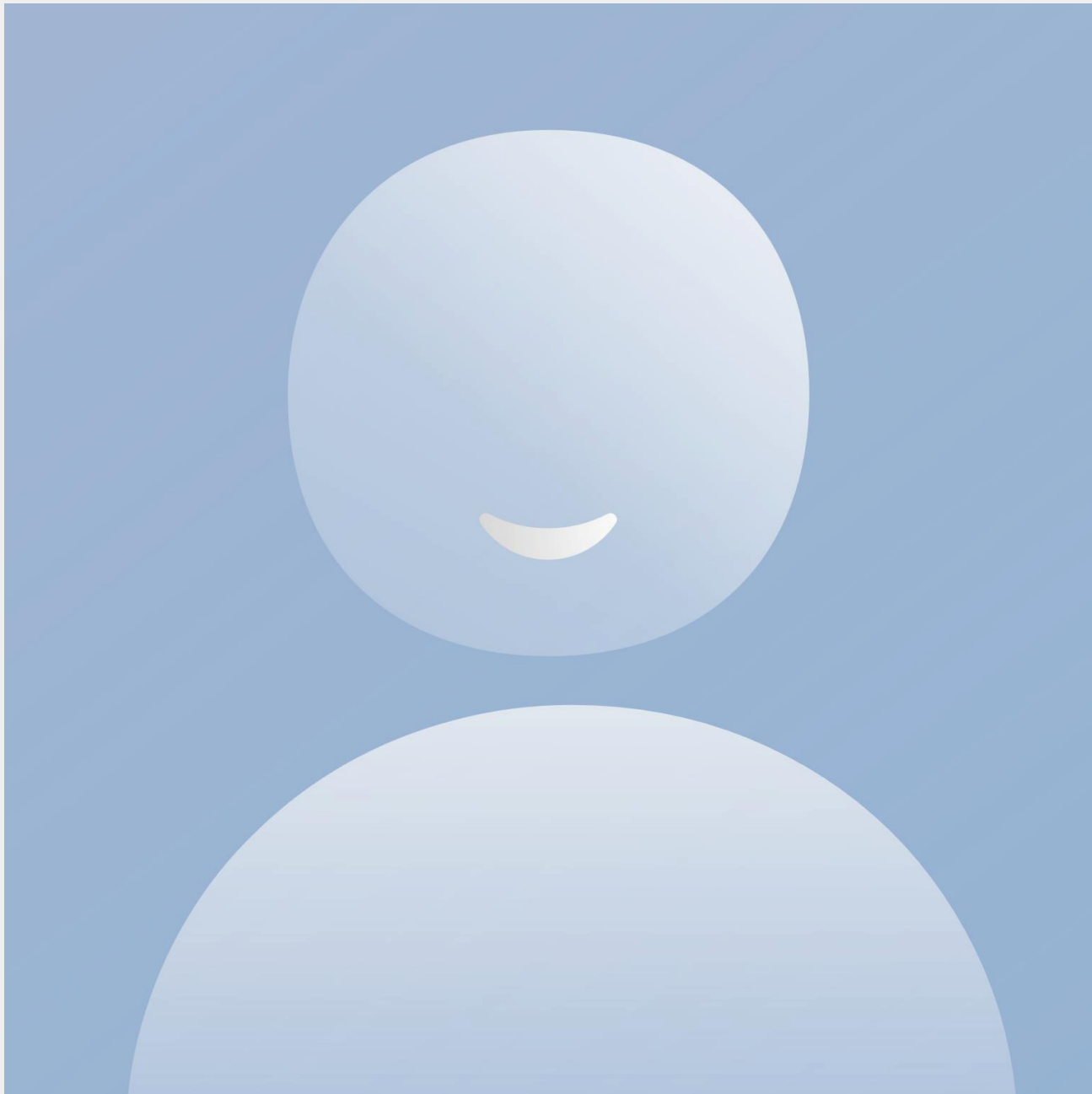
ENVIRONMENT



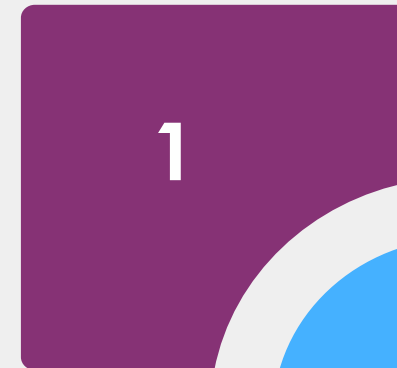
# 7 E'S FRAMEWORK



# PSYCHOLOGICAL SAFETY



INCLUSION



SAFE TO  
LEARN



SAFE TO  
CHALLENGE



SAFE TO  
CONTRIBUTE

# BRINGING YOU 'WHOLE SELF' TO WORK

1

## BE AUTHENTIC

(HONESTY – SELF-RIGHTEOUSNESS)+ VULNERABILITY = AUTHENTICITY

2

## BE AWARE OF YOUR DRAWBACKS

RECOGNISE YOUR LIMITATIONS TO IMPROVE  
PERSONAL AND PROFESSIONAL GROWTH

3

## USE THE 'THREE C's

- COURAGE
- COMPASSION
- CONNECTION

# POWER

# POWER

WHAT DOES THIS WORD MEAN  
TO YOU?

THE ABILITY OR  
CAPACITY TO DO OR  
ACT



# WHAT CAN YOU DO?...

**KNOWLEDGE IS POWER...ONLY IF YOU  
APPLY IT OR TAKE ACTION.**

**WHAT COMMITMENT WILL YOU MAKE  
TO PRIORITISE YOUR MENTAL HEALTH  
AT WORK?**

**WHAT COMMITMENT WILL YOU MAKE  
TO ACHIEVING THIS?**



# CHECK OUT OUR FREE RESOURCES

Have a look on our website for a  
range of **FREE** resources!

[www.stress.org.uk](http://www.stress.org.uk)



# JOIN OUR NEW PEOPLE, CULTURE AND WELLBEING FORUM

Are you a HR, Health and Safety Professional, Workplace Wellbeing Specialist or have an interest in creating a culture of wellbeing in your workplace? If so, join the conversation on Workplace Wellbeing Issues with our Exclusive Corporate Forum.

Opt in to the International Wellbeing Insights, People, Culture and Workplace Wellbeing Forum by clicking the link in the chat and be part of our global community dedicated to enhancing the workplace culture around the world. Stay informed with the latest insights, strategies, and best practices for a healthier, happier workplace and utilise the platform to share experiences and learnings so we can learn and grow as a collective.

Live monthly forum meetings and updates.  
**Sign up now** so we can thrive together!

# SIGN UP TO OUR WEEKLY NEWSLETTER

Explore topical conversations,  
practical wellbeing tips and  
upcoming event information!

Stress Buster Newsletter - The  
Stress Management Society



# PUBLIC MENTAL HEALTH CHAMPIONS

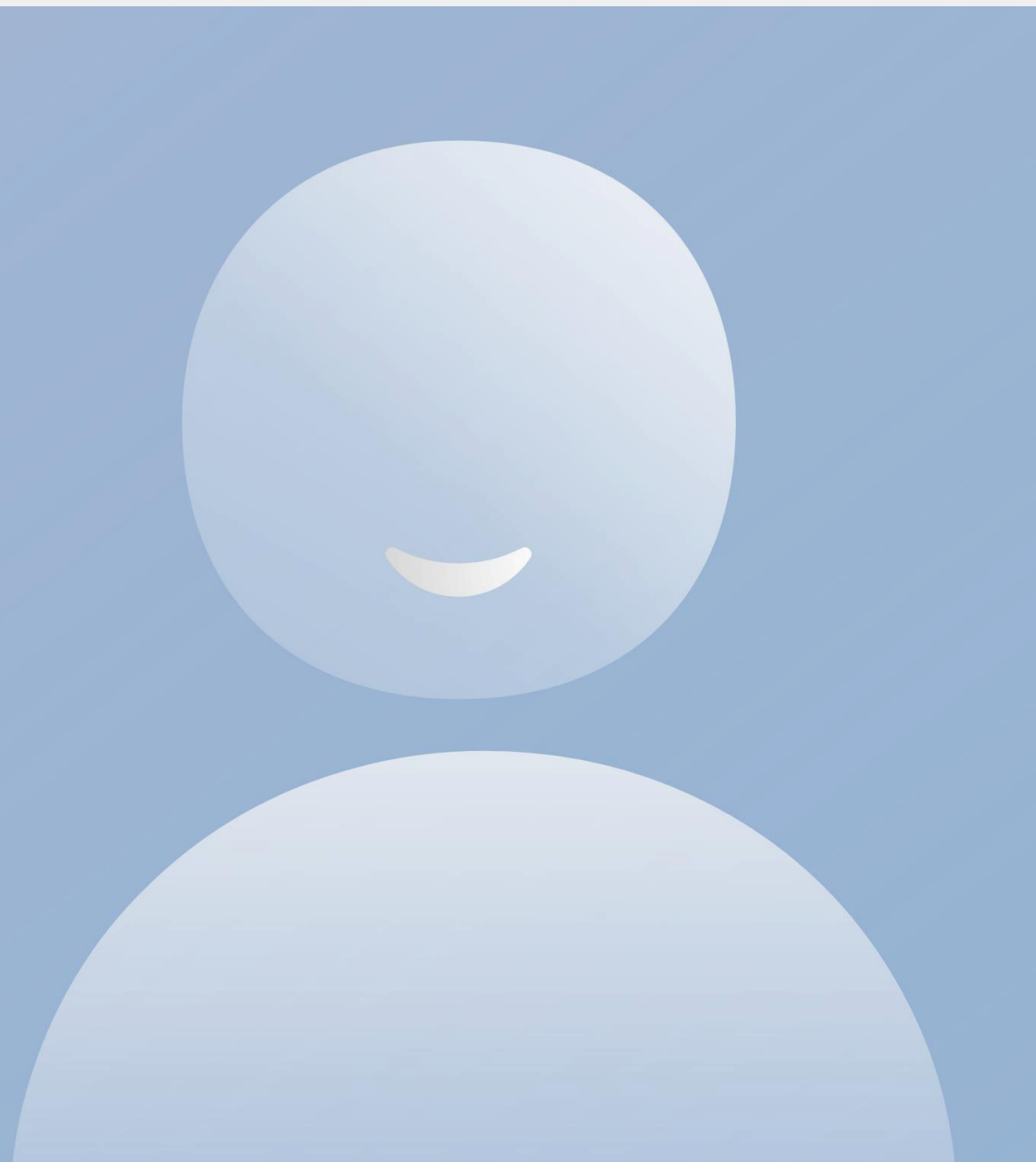
**LEARN MORE  
ABOUT  
SAFEGUARDING,  
SIGNPOSTING  
AND SUPPORT**

**PHILIPS MHC  
HAVE SAVED 7  
LIVES TO DATE!**

**PUBLIC MENTAL  
HEALTH  
CHAMPIONS**

**SIGN UP TO GET THE  
BENEFITS!**

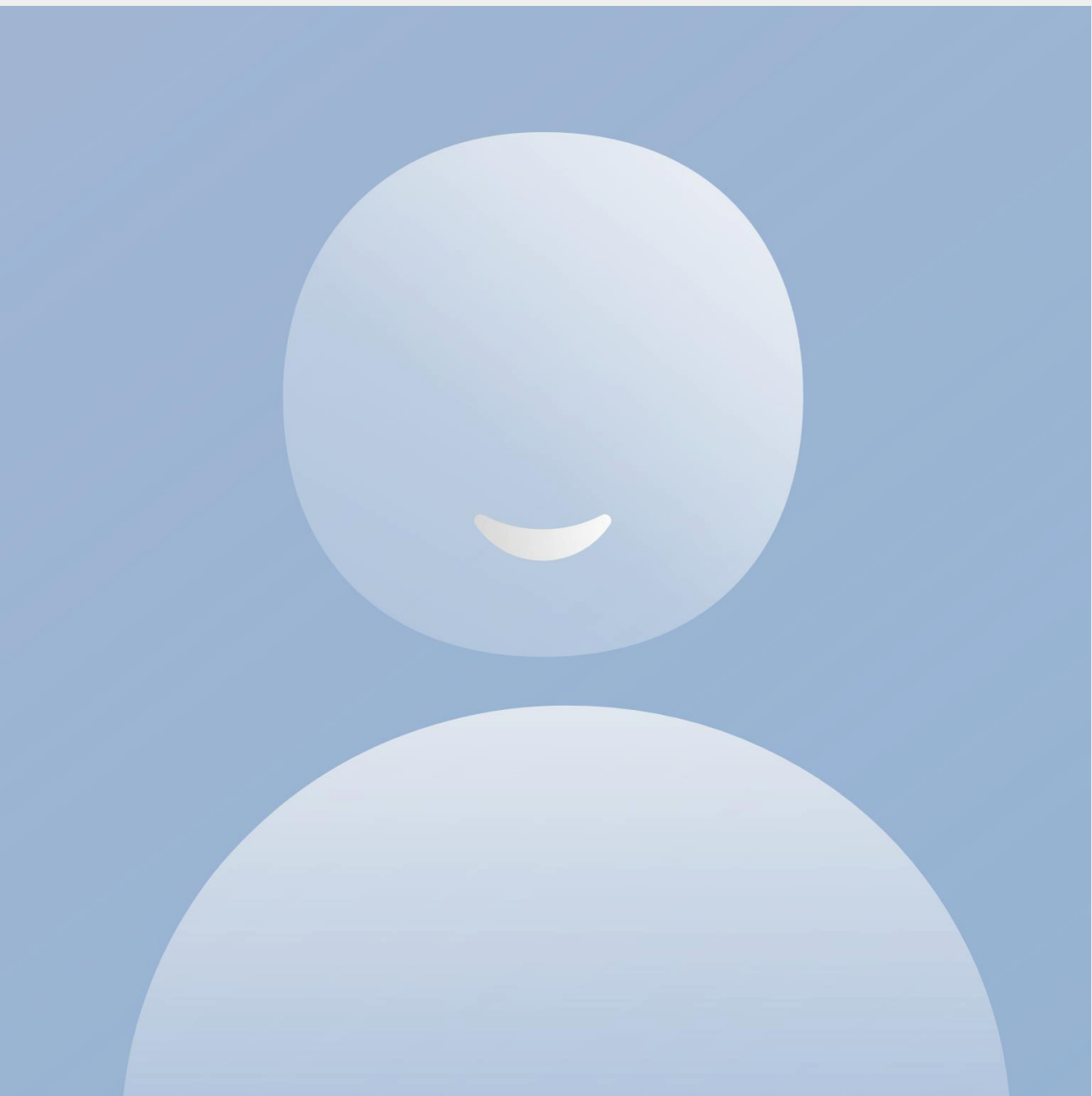
# PUBLIC MENTAL HEALTH CHAMPIONS



**USE CODE:  
WEBINAR50  
FOR AN EXTRA  
£50 OFF**

**SIGN UP TO GET THE  
BENEFITS!**

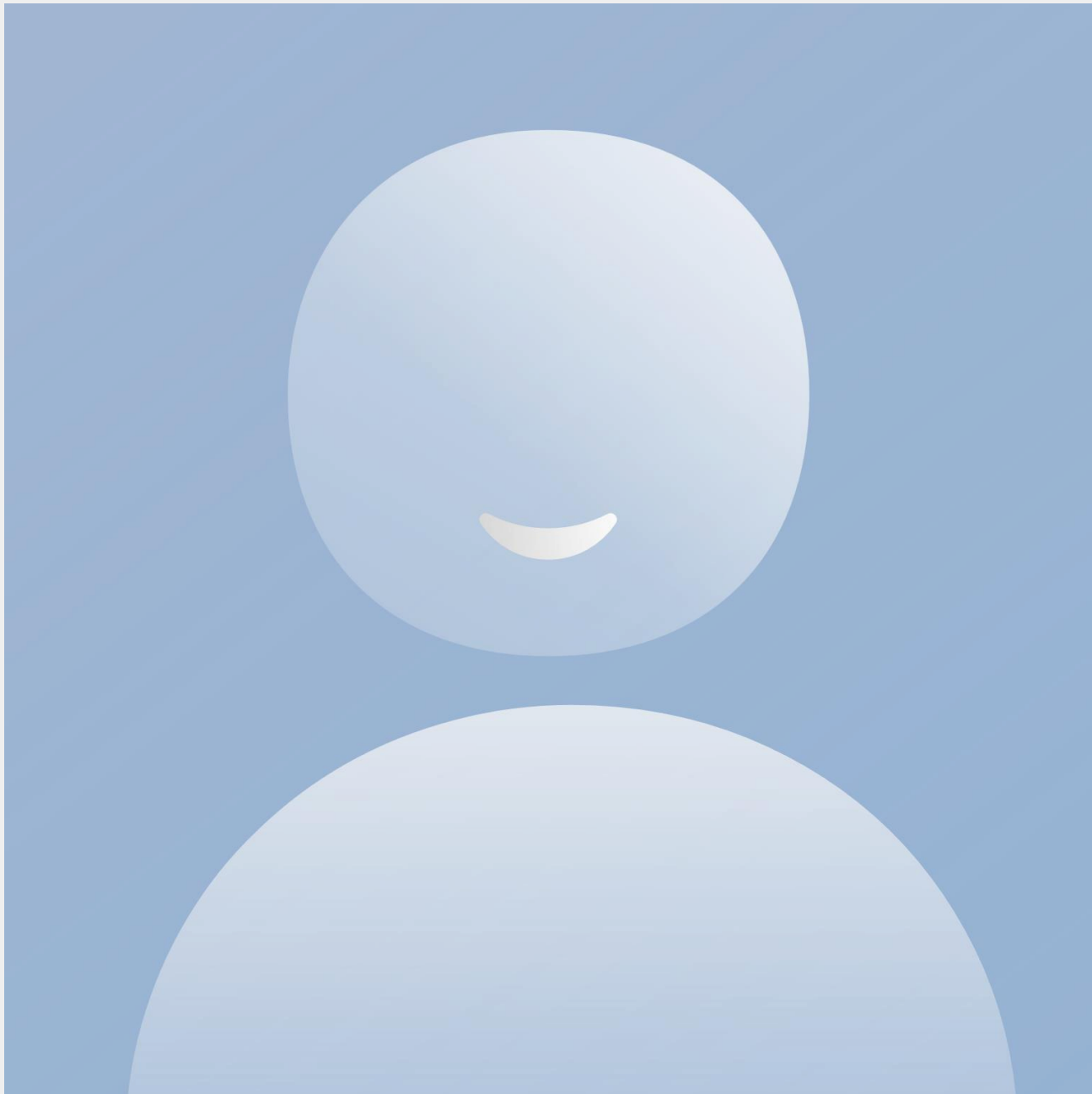
# NEW PRODUCT- WELLBEING PROTECT



## NEW PRODUCT- WELLBEING PROTECT

**USE CODE:  
WELL50  
FOR 50% OFF  
THE ENTIRE  
PACKAGE, FOR  
ONE MONTH**

# NEW EMPLOYEE ASSISTANCE PROGRAMME SUPPORT



# NEED TO TALK? SUPPORT RESOURCES

## SAMARITANS

CALL: 116

This is a **free listening service for whatever you are going through**. No matter what, someone will be there to help talk through any distress you feel you want something to talk through with you

## THE SILVER LINE

0800 470 80 90

This **free helpline for older people** across the UK is open every day and night. Staff offer information, friendship and advice as well as linking callers to local groups and services.

## MIND

[www.mind.org.uk](http://www.mind.org.uk)

Call: 03001233393 (09.00-18.00)

Text: 86463

Mind provide **advice and support** to empower anyone who might be experiencing **mental health problems**. They have a range of services including supported housing, crisis helplines, drop-in centre, counselling and befriending

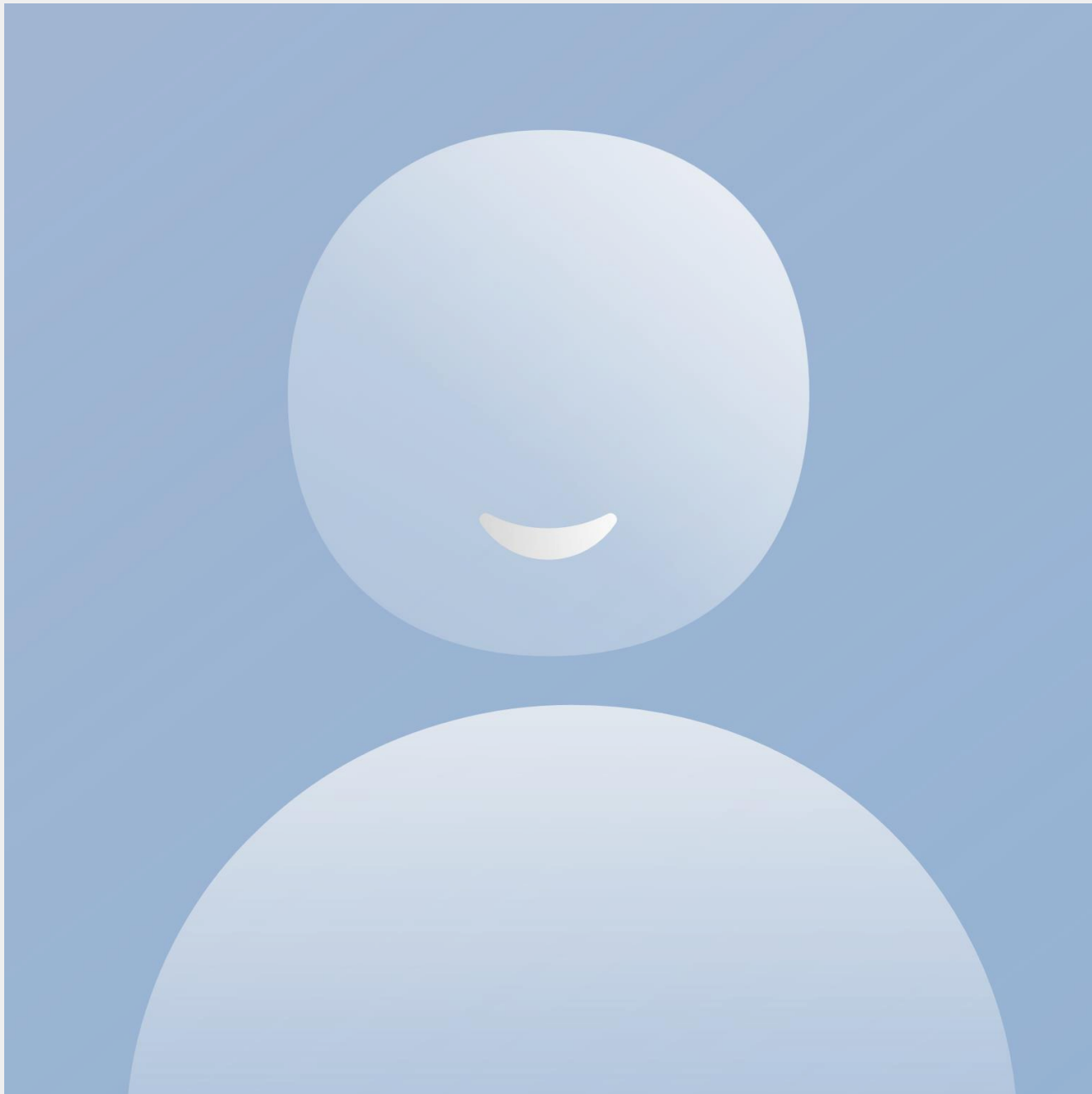
## C.A.L.M. (CAMPAIGN AGAINST LIVING MISERABLY)

[www.thecalmzone.net/help/get-help/](http://www.thecalmzone.net/help/get-help/)

CALL: 0800 58 58 58 (5PM – MIDNIGHT, DAILY)

This campaign aims to help anyone who may have hit a wall for any reason at all and want to talk to someone or find information and support

# DONATE TO STRESS MANAGEMENT SOCIETY



We absolutely love providing these webinars and resources to you and your support means the world to us!

# WHAT DO YOU NEED TO ASK BEFORE WE END THE SESSION?



Answer in the chat section...

# THANK YOU!

We look forward to supporting your wellbeing journey...



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[www.stress.org.uk](http://www.stress.org.uk)



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