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**WE CARE**

About Your Mental Health

**WELCOME THE CALL WILL START AT 10:05, SO MUTE YOUR  
MICROPHONE AND GRAB A CUPPA 😊**



# AGENDA

- Welcome
- Understanding Our Role
- Sharing Best Practice
- Time To Talk Day – 6<sup>th</sup> Feb 2020
- Mental Health First Aid Training
- Next Steps

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# Welcome

Cardiff City Stadium (1)

Principality Stadium (1)

Keith Prowse (5)

Wimbledon (2)

SEC (1)

Twickenham Experience Limited (1)

Jockey Club Catering (3)

Harlequins RFC (1)

Leicester Tigers RFC (1)

Goodwood (1)

Tottenham Hotspur (1)

Reading Madejski Stadium (2)

EICC (1)

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# Understanding Our Role

Ambassadors are essential in challenging stigma and changing the way employees think and act about mental health in workplaces. They are at the forefront of our fight to make it commonplace for employees to say “I’m struggling”, “I’m working too much” or “I need support” in the workplace without the fear of negative consequences.

You will drive forward change internally and help to embed positive changes within the workplace through tackling mental health stigma and instigating initiatives to improve wellbeing amongst their fellow employees.

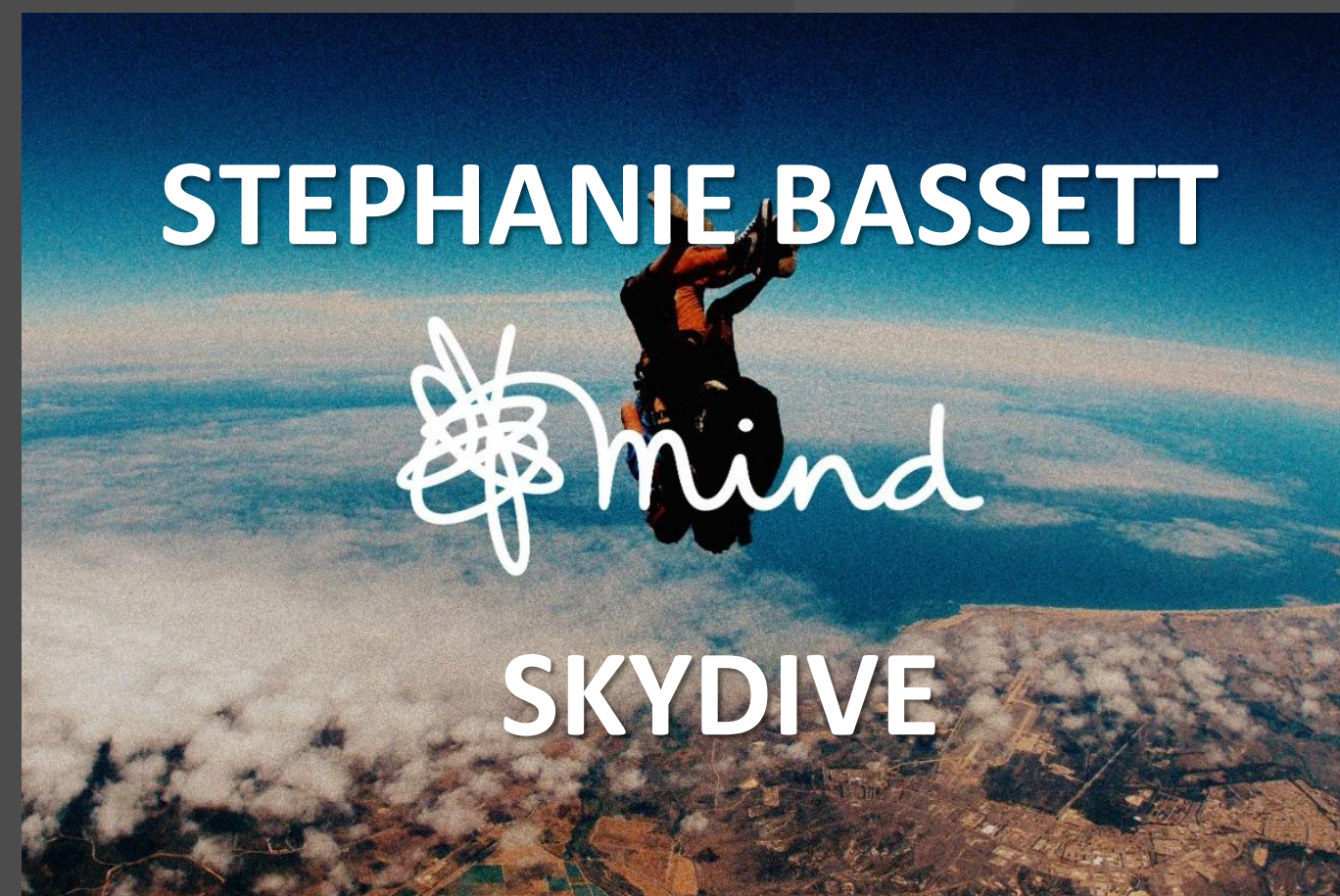
With this in mind we would like you to contribute to our Ambassadors Pledge. This will be a set of 10 promises to our colleagues, managers and ourselves. That we will sign and publish to our page of the website to ensure that we are all striving for the same purpose – a healthier and more enjoyable workforce for all.

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# Sharing Best Practice



# Sharing Best Practice



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*All material and information available  
In teams file and on our HSE website page*

**Too many people still feel isolated  
and ashamed when it comes  
to mental health**





# Mental Health First Aid Training



MHFA England

## MENTAL HEALTH FIRST AIDERS

This Two Day Course Qualifies Your Employees As Mental Health First Aiders, Giving Them:

- An in-depth understanding of mental health and the factors that can affect wellbeing
- Practical skills to spot the triggers and signs of a range of mental health issues
- Confidence to step in, reassure and support a person in distress using the mental health first aid action plan
- Enhanced interpersonal skills such as non-judgemental listening
- Knowledge to help someone recover their health by guiding them to further support - whether through self-help resources, internal support such as EAP, or external sources such as their GP
- An understanding of how to keep themselves safe while performing their duties

[HTTPS://MHFAENGLAND.ORG/ORGANISATIONS/WORKPLACE/2-DAY/](https://mhfaengland.org/organisations/workplace/2-day/)

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## Next Steps

- Check out OUR Page on the HSE Website – Axa
- Send me your pledge points – two please
- Share, Share and Share
- Time To Talk Day – 6<sup>th</sup> Feb 2020 – Lets shout about what we are doing, Workplace and other social media #levycare
- Look out for dates for the training – March 2020
- Promote Wellbeing Ambassadors with other venues

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**ANY OTHER BUSINESS**

**IT'S ALL  
ABOUT  
TEAMWORK**

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