



MENTAL HEALTH AWARENESS

AND EMOTIONAL RESILIENCE

WHAT IS THE PROBLEM 1

- There are three main 'mental' issues facing us today
 1. Stress
 2. Anxiety
 3. Depression

WHAT IS THE PROBLEM 2

- If these weren't bad enough, mental health issues remain the 'poor relation'
- Discrimination is widely accepted by many of us – even if we don't know it
- Would you accept a quarter of the necessary chemotherapy or be happy to share your flu jab with three other people?

WHAT IS THE PROBLEM 3

- A survey by the Mental Health Foundation showed:
- 42% said they would be likely to make up an excuse such as stomach ache or back problems for absence if they needed to take time off work for mental health reasons.
- Worryingly, around one in five workers (19%) said they have seen the label of mental health misused against co-workers.
- 9% have been victims of abuse at work as a direct result of a mental health issue.

MORE PROBLEMS

The survey also polled 1000 managers and found that almost a quarter said there is no established protocol or procedure to follow if staff have concerns about their mental health.

- 59% said their workplace could make improvements to current systems and attitudes to take the mental health of workers more seriously.
- 65% of managers felt that taking time off due to physical illness or injury is treated more seriously than taking time off to improve mental health.

SO WHAT

People with mental health conditions that go untreated are the group of people in the UK most likely to experience difficulties with:

- finding work
- being in a steady, long-term relationship
- having decent housing
- being socially included in mainstream society

All the things required for good mental health

SO WHAT 2

- Employers and managers have legal responsibilities
- Please remember, mental health and safety has the same rights as physical health and safety
- TK MAXX V Sadhegi (Anxiety not an ongoing illness)

NOW WHAT

- Thankfully, there is a lot we can do in and out of work
- Just as training for teams is available for physical health and safety, so there is for mental health and safety
- And Emotional Resilience training can be far reaching and cost effective
- And this saves the 'therapy' budget for those who really need it

ANY QUESTIONS

- You can ask questions now or call me on:07799536642