This Mental Health Awareness Week we want you to join us in improving workplace mental health.

Mental Health Awareness Week is an annual campaign which gives us the opportunity to bring awareness to the challenges of addressing mental health, as well as the actions that we can take to improve it.

This Mental Health Awareness Week, Mates in Mind wants to support you to promote positive mental health across your workforce by addressing the 3Ts:

- How you think about mental health
- How you talk about mental health
- How you tackle mental health.

Our 2019 Resource pack is designed to support you and your organisation. It provides you with the ideas and resources needed to participate in Mental Health Awareness Week and to more widely address mental health within your workplace.

This resource pack includes...

- Suggestions of how you can get involved with Mental Health Awareness Week
- Our 3Ts approach to addressing mental health
- A 3Ts awareness activities timetable
- Factsheets about mental health and confidential support services
- Resources to start the conversation about mental health.
How can you get involved with Mental Health Awareness Week?

1. **Use our 3Ts Awareness activity template and supporting resources**
   
   Our activity template, toolbox talks, and other resources can be used to promote the awareness week and help your workplace to start addressing mental health.

2. **Organising a breakfast briefing or tea break event to raise awareness about the topic**
   
   Events during morning briefings or tea breaks can be a good way not only to raise awareness, but also to encourage conversations across your workforce. Plus, a tasty treat never goes amiss...

3. **Organise a walk in your local community to bring attention to the conversation about mental health**
   
   A publicised activity such as a walk is an excellent way to raise awareness for Mental Health Awareness Week. You can also promote your event on social media in order to raise its profile and maybe even increase participation.

4. **Encourage your apprentices to take part in our Apprentice’s Mental Health survey**
   
   At the end of May we are closing the Apprentices’ Mental Health survey we launched in March. You can help us by: Emailing this link to your apprentices or sharing it on your company website / intranet / social media: [www.surveymonkey.co.uk/r/matesinmind-apprentices](http://www.surveymonkey.co.uk/r/matesinmind-apprentices)

5. **Fundraise for us**
   
   If you would like to fundraise for Mates in Mind during Mental Health Awareness Week, please let us know what you are doing to show us your support and contact support@matesinmind.org

6. **Wear our new Mates in Mind badge**
   
   You can also raise awareness about Mental Health Awareness week and show your support for Mates in Mind by wearing our new badges.

   The badges are available in both our blue ‘hard hats off’ branding, as well as our classic yellow construction branding for a minimum donation of £2.50 per badge.

   All donations are gratefully received and go towards supporting our work in creating a better awareness and understanding in business across workplaces and sites in the UK.

   To enquire about your badge please contact support@matesinmind.org
3Ts Resources

It’s about taking action

Our 3Ts approach can help you to take next steps to improve mental health in your workforce.

Remember, it’s about the way we think about, talk about and tackle mental health.

You can use the following resources to help you address each of the 3Ts

Think
- Print and display our posters – available in your Mates in Mind Supporter area

Talk
- Organise a short Mental Health Awareness Week quiz
- Share our Resources to #StartTheConversation
- Join the conversation instructions for engaging on social media

Tackle
- Use our Feedback prompts to understand what your workforce felt about the week and the wider topic

Additional resources are available to Mates in Mind Supporters via the Supporter login area.
# 3Ts Awareness activities timetable

This timetable is designed to give you some ideas about how you can best address the 3Ts around mental health awareness week.

| Before Mental Health Awareness Week | • Print our posters to promote awareness  
|                                      | • Share one of our Resources to #StartTheConversation to help you prompt discussions within your workforce |
| 2 weeks before                      |                                                                                           |
| During Mental Health Awareness Week | • Use our Mental Health Awareness Week quiz to start the conversation within your organisation  
| 13-19 May                           | • Share one of our Resources to #StartTheConversation to help your prompt discussions within your workforce |
| After Mental Health Awareness Week  | • Use some of our Feedback prompts to inform your organisations next steps for tackling mental health  
| 1 week after/ongoing                | • Use our selection of general posters to help share your support pathways |

If you are not yet a Mates in Mind Supporter, please contact us to find out more about what this means and how to join our community.
In creating awareness about mental health, you may want to think about how people can relate to this issue. Some of these statistics highlight why it is important:

- **1 in 4** will experience a mental health problem each year
  (MIND, 2018)

- In 2017 the overall cost of mental health problems to UK employers was almost **£35 billion**
  (Centre for Mental health, 2017)

- **3 out of 5** employees experience mental health issues because of work
  (Mental Health at Work, 2018 Summary Report, 2018)

- **84% of managers** accept that employee wellbeing is their responsibility but less than a quarter
  (24%) of managers have received any training in mental health
  (Business in the Community, Mental Health at Work Report, 2017)

- **34% of construction workers** surveyed had experienced a mental health condition in the last 12 months
  (Randstad, 2017)

- Suicide rates amongst construction workers was **3.7 times above the national average**
  (Office for National Statistics)
Resources to #StartTheConversation

You can share all of these free online resources to get your workforce thinking and talking about mental health.

Videos
• The last word
• Living with a black dog
• Mental Health at Work Gateway
• ‘Same Story Short’ Video
• Mental Health at Work

How to recognise mental ill-health
• Samaritans Signs You May Be Struggling to Cope

How to take action
• Mental Health at Work: fulfilling your responsibilities as an employer
• NHS Information About Talking Therapies
• Samaritans Supporting Someone Online
• MIND How to support staff who are experiencing a mental health problem
• MIND How to take stock of mental health in your workplace
• MHFA Address Your Stress Toolkit
Resource sheet: Confidential helplines

National Counselling Society (NCS): 01903 200666
The National Counselling Society is a not-for-profit professional association for counsellors. They hold an Accredited Register of counsellors across the whole of the UK.

Mates in Mind have partnered with The National Counselling Society to deliver a free assessment and up to 8 counselling sessions at a fixed rate of £30 per session for all Mates in Mind Supporters.

To find a counsellor that is partnered with Mates in Mind, please go onto the website, search the location you need and then refine your search by selecting the drop-down list “Charities we work with” and select Mates in Mind. This will populate a list of counsellors who work with us.

Find a counsellor here.

Samaritans: 116 123
The Samaritans offer a safe place for you to talk any time you like, in your own way – about whatever’s getting to you. 24/7 support for people who are in despair or suicidal.

B&CE Construction helpline: 0808 801 0372
Life doesn’t always go to plan – B&CE’s Construction Worker helpline offers free support and guidance in times of need.

Construction Industry Helpline: 0345 605 1956
The Construction Industry Helpline provides a 24/7 safety net for all construction workers and their families in the UK and Ireland. It is a charitable service funded by the industry, for the industry and provides:
- Emergency financial aid to construction families in crisis
- Advice on occupational health and mental wellbeing
- Support on legal, tax and debt management matters.

The helpline is funded by The Lighthouse Club which has been delivering charitable welfare and support to the construction community since 1956, who in turn are funded by and supported by the businesses and people in our industry and our network of 21 regional volunteer clubs.

The Mix: 0808 808 4994
Information, support and listening for people under 25.
www.themix.org.uk

Prevention of Young Suicide (Papyrus)
Papyrus provide confidential help and advice to young people and anyone worried about a young person. Their HOPELineUK service is staffed by trained professionals who give non-judgemental support, practical advice and information to; children, teenagers and people up to the age of 35. They can be contacted on 0800 068 41 41, by email: pat@papyrus-uk.org or SMS 07786 209697.
**Big White Wall**
A safe online community of people who are anxious, down or not coping yet willing to support each other by sharing their troubles. The site is guided by trained professionals.

**Workplace mental health support service: 0300 4568114**
Provided by Remploy, in partnership with Access to Work, WMHSS offers a free and confidential support service to help you remain in your job when it is being affected by stress, anxiety, depression or other mental health issues (whether diagnosed or not).

If you are finding work difficult or you are absent from work, their advisors will help you make a wellbeing plan and support you with workplace adjustments, including how to get support from your employer.

**Campaign Against Living Miserably (CALM): 0800 58 58 58**
CALM provide a helpline for men in the UK who are down or have hit a wall, who need to talk or find information and support. The helpline is open 5pm–midnight, 365 days a year. They also offer a webchat service between the same hours.
These prompts can be used to **start the conversation** about mental health and **to engage your workforce** with the topic. They can also help you to better understand what you need to do to take forward your **mental health action plan**.

You can use these prompts after sharing any of our resources to help you understand what your workforce thinks about the mental health within your workplace.

### Our suggested prompts...

1. **Have you learned any information about mental health that has surprised you?**  
   If so, what was this information?

2. **Is there anything more you feel that could be done within your organisation to improve mental health in the workplace?**

3. **Is there anything you feel is done well within your workplace to tackle mental health?**

4. **Do you feel that you know where you can get additional support with your mental health if need be?**

5. **Would you feel confident in speaking to someone at work if you were experiencing mental ill-health?**

We welcome any feedback about our suggested prompts. Please share your thoughts and discussions about these points, or mental health more generally, with us:

- support@matesinmind.org
- @matesinmind
- /MatesinMind
- @matesinmind
Join the conversation

#LetsTalk about #mentalhealth

Throughout May, we will be starting the conversation about mental health and Mental Health Awareness Week 2019, across our social media platforms.

We want you to join the conversation!

Share your Mental Health Awareness Week activities and photos

Whether your organisation is addressing the 3Ts, putting up awareness posters, participating in some mental health training or organising a fundraising activity, we want to know!

Tag us @matesinmind in your posts and use the following hashtags to help us find your conversation!

#LetsTalk
#MentalHealthAwarenessWeek
#MinM
#starttheconversation

We will be re-sharing and responding to all those who are starting the conversation about mental health online, so #LetsTalk

📧 support@matesinmind.org
🐦 @matesinmind
🔗 /MatesinMind
📸 @matesinmind

Mental Health Awareness Week quiz answers

The answers to our quiz questions are listed below. You can download the Mental Health Awareness Quiz presentation from your Supporter area:

1. A
2. C
3. A
4. A
5. B
6. B
7. C
8. A