

# Mates in Mind support managers to transform mental health at work



This Thursday 6 of February, on Time to Talk Day, Mates in Mind are raising awareness about mental ill-health at work by supporting managers across the UK in tackling the issue.

In 2019, 70% of managers reported barriers to mental health support within their workplace, whereas 62% revealed that they had faced situations where they put the interests of their organisation above the wellbeing of colleagues.<sup>1</sup>

Therefore, this Time to Talk Day 2020, Mates in Mind have produced a free [Manager's Guide](#) resource to support managers in starting vital conversations and taking steps towards tackling mental ill-health in their workplace.

Steve Martin, Managing Director of Xmo Strata, said:

*"There is a moral obligation on individuals, and in my view a professional obligation on managers, to make themselves aware of it [mental illness] and provide comradeship, and leadership, which is sensitive to it."*

*"As employers, we're not experts. We need someone who can translate clinical information and advice from mental health professionals into something that is pragmatic and do-able in the working environment. Mates in Mind supported our organisation with this and gave us 'oven-ready' advice which enabled us to move towards having a mentally healthy and sustainable workforce across the board."*

James Rudoni, Managing Director at Mates in Mind said:

*"This Time to Talk Day, we urge managers across the UK to join us in starting the conversation about mental health. No matter where you are in your mental health journey Mates in Mind are here to help."*

*"With the support and commitment of managers, our work to transform the overall mental health of workforces can gather the momentum it needs to drive a lasting change. We know that enabling people to open up a conversation about mental health while providing them with the awareness and education to discuss the topic, continues to be the most immediate and effective starting point for improving mental health. Through these conversations, we can develop open working environments where the stigma and silence around the topic can be eliminated- and that is exactly what we aim to do this Time to Talk Day."*

Working alongside Supporter organisations from across the UK, Mates in Mind has already begun to drive a change across the construction industry and beyond through their joined-up approach to mental health.

As part of their wider programme, the charity offer a range of tailored mental health awareness training courses, including a bespoke Manage the Conversation course, developed to empower managers with the skills, clarity and confidence to talk about and manage the mental health of their workforce, enabling organisations to address the challenge more effectively.



Mates in Mind's '[Let's talk. Let's act' Manager's Guide](#) can be downloaded for free at the [Mates in Mind website](#) now.

For more information about how Mates in Mind can support your organisation and managers in improving mental health at work, [get in touch with the Mates in Mind team](#) at [support@matesinmind.org](mailto:support@matesinmind.org)



## Notes to editor

### About Mates in Mind

1. Mates in Mind is a registered charity working in the UK that aims to provide clear information to employers on available support and guidance on mental health, mental illness and mental wellbeing, and how they can address this within their organisations. Mates in Mind looks to make sense of what options and support are available to employers wishing to promote improved mental health within their workforce.
2. Mates in Mind is a collaboration of founding partners: Health in Construction Leadership Group and the British Safety Council. It is also supported by construction industry charities and bodies and has various Mates in Mind business champions, including Balfour Beatty; DE Group; Galliford Try; Mineral Products Association; RSE Group; Sellafield; Tarmac; and Tideway. Quotes of support from these organisations are available on request.
3. Mates in Mind works alongside organisations from across the Transport and Logistics sector including Focus Group Logistics, Maersk UK and Ireland, Port of London Authority.
4. Mates in Mind was the result of a Health in Construction Leadership Group summit in early 2017 for construction industry CEOs and senior leaders who voted overwhelmingly to improve the mental wellbeing of its workforce. At an event in January 2017, Mates in Mind was launched, and the pilot phase was started. Mates in Mind was featured in the *Thriving at Work* report published in October 2017.
5. More details on Mates in Mind is available at [www.matesinmind.org](http://www.matesinmind.org)
6. Mates in Mind must only be referred to in acronym form as MinM.

### Mates in Mind's networks

- Website: [www.matesinmind.org](http://www.matesinmind.org)
- Twitter: [www.twitter.com/matesinmind](https://twitter.com/matesinmind)
- Facebook: [www.facebook.com/matesinmind](https://www.facebook.com/matesinmind)
- LinkedIn group: [www.linkedin.com/company/matesinmind](https://www.linkedin.com/company/matesinmind)
- Instagram: @matesinmind

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<sup>i</sup> The Prince's Responsible Business Network, 2019.