

3 out of 5

employees experience mental health issues because of work



33%

of the UK workforce have been formally diagnosed with a mental health condition at some point in their lifetime



68%

of managers still believe that there are barriers to providing support for the mental wellbeing of those they manage



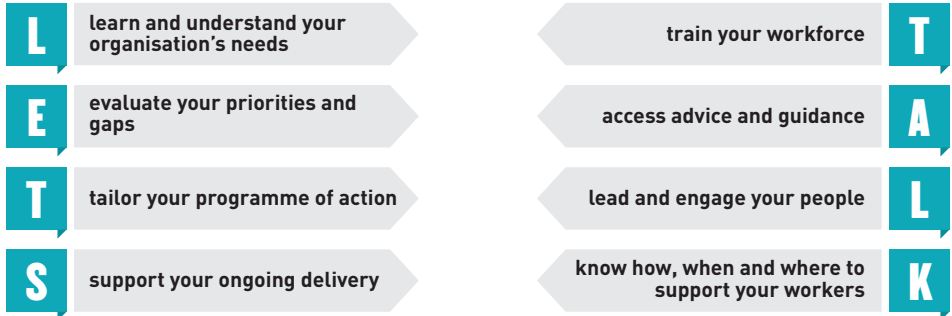
Our approach

Mates in Mind is a leading UK charity that enables UK organisations, of any size, to improve their workforces' mental health. We do this by providing the skills, clarity and confidence to employers on how to raise awareness, improve understanding and address the stigma that surrounds mental health.

According to the **Thriving at Work** report (2017) the UK faces a significant challenge in addressing mental health at work. This challenge impacts individuals and those around them with the ultimate cost being the loss of life through suicide.

Let's talk

Mates in Mind works with you to



Supporter benefits and services



Dedicated support manager



Mental health & wellbeing assessment & advice



General awareness training for all staff



Access to nationwide counsellors for all employees & contractors



Employer technical support helpline



Suite of communication resources that can be tailored to your organisation



Regular updates and insight



Automatic access to annual Impact Award Scheme

Your organisation will be recognised on our website to highlight your commitment to promoting a positive mental health culture. You will receive a Mates in Mind Supporter certificate and be able to use our logo in your communications – such as tender documents.

We also provide a range of education and awareness programmes, based on the needs of your organisation. The programmes, delivered in collaboration with our approved partners, include line manager training, Mental Health First Aid and a suite of e-learning courses.

Dependent on the size of your organisation you can access a package of guidance and support, starting from £300.



What some of our Supporters say about working with Mates in Mind



"As a business, people are core to our success, and so we place great importance on their health and wellbeing. We therefore strive to improve our workforce's mental and physical fitness by investing in our wellbeing programme and are a proud supporter of Mates in Mind."

Mike Webb | head of group health and safety



Fire Industry Association
Leading Excellence in Fire Since 1916

"The success of any organisation is built upon the strength and dedication of its people. We strive to support and influence industry leaders to take a proactive approach to mental health, not just by producing a policy, but by fostering a workplace culture that prioritises wellbeing within their business, while also providing support to those who need it. We're delighted to be working with Mates in Mind to deliver this change."

Steve Simper | Mental Health Champion & Trainer, FIA



"Our members have identified mental wellbeing as one the high priorities for industry and it became a focus of our Stop. Make a Change national safety stand-down event. We were delighted to be supported by Mates in Mind as part of this, providing support to SMEs across the UK to manage conversations on this issue."

Alasdair Reisner | chief executive



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**Be a mate
Be the change**

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