



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 charity working with UK organisations, of all sizes, to improve the mental health of their workforce through proactive steps to raise mental health awareness and understanding. Working alongside our partners, sector leaders and growing community of Supporters, our work is delivering effective change across farming and agriculture, construction, transport and logistics, and other higher risk sectors, and the wider supply chain.

At Mates in Mind, we recognise that the impact of work-related stress, other life events, and personal vulnerability, can adversely affect mental health. There is growing recognition that this can lead to a range of issues including diminished focus or disengagement from both work and life, which can sadly lead to increased levels of suicide.

Our charitable mission is to support organisations in higher risk sectors to create environments and cultures that promote positive mental health, because everyone matters.

Let's talk

Mates in Mind works with you to



Supporter benefits and services



An organisational mental health assessment.



Start the Conversation mental health general awareness programme.



Regularly refreshed resource area of printed and online materials.



Year-round campaign packs aligned with annual mental health-related events at national and global level.



Technical support lines for both Employers and Line Managers.



Entry to our Impact Awards which recognise and reward those who have made the greatest organisational journeys and industry contributions to the cause.



Be A Mate dedicated text service which is an anonymous and free service available 24/7 for people proactively seeking help (text BeAMate to 85258). Includes supporting promotional materials.



A dedicated support team within the charity to help guide you through your mental health maturity journey.



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



Arboricultural
ASSOCIATION

trees.org.uk

“Mental health is a critical issue in arboriculture. The Arboricultural Association has an important role in raising awareness and helping our members get access to any support they might need. Our partnership with Mates in Mind is one of the ways we're working to make a difference.”

John Parker | Chief Executive Officer



“Agriculture faces serious incidents and mental health challenges, making it crucial to prioritise safety and mental health. Collaborating with Mates in Mind has been immensely beneficial. Together, we promote awareness, provide support, and build a resilient farming community. By listening to our farming families and leveraging our collective power, we are creating a healthier and safer agricultural sector for future generations. We look forward to continuing this valuable partnership with Mates in Mind.”

Keith Knowles | HSW Manager (Rural & Traditional)



“Our members have identified mental wellbeing as one of the high priorities for our 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



020 3510 5018



support@matesinmind.org



www.matesinmind.org



X @matesinmind



LinkedIn.com/matesinmind



Facebook.com/MatesinMind



**Be a mate
Be the change**

Find out more

