

What can you do to help others?

- Just listen
- Provide welcoming and non judgemental environments
- Check in on friends and colleagues
- Inform peers and colleagues about information, campaigns and services
- Don't feel like you have to have all the answers

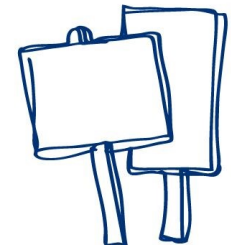


Contact Us

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info@easthantsmind.org
www.easthantsmind.org



Mental Health Ambassadors in the workplace



www.easthantsmind.org
Registered charity no. 1116301



Who we are

At HEH Mind we work to promote good mental health within our locality. We seek to support and empower people to lead a full life as part of their local community.

Our services include

- Adult wellbeing
- Family wellbeing
- Children and young peoples wellbeing
- Advocacy
- Training and workplace wellbeing
- Volunteering

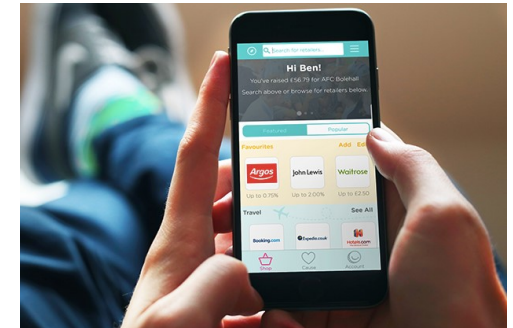


Fundraising ideas

Online

Easy fundraising

It doesn't cost you a penny extra. When you shop online with easyfundraising and one of the 3,216 shops/ sites, the shop give a commission/ donation for your purchase. Don't worry, we don't see what's in your basket.

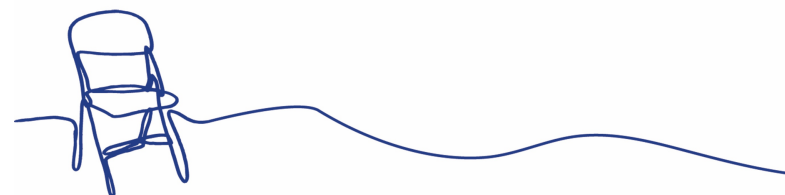


Text giving

You could help sustain our vital work by simply Text HAVA01 £3 to 70070 to donate £3 to Havant and East Hants Mind #KidsinHavant campaign and make a difference to the local kids Mind helps to support to-day.

Gift aid

Donating with Gift Aid means charities can claim an extra 25p for every £1 you give. It won't cost you any extra.



Fundraise for Mind



Are you up for a challenge?
Have you always wanted to try
something, but put it off? Here is
your excuse.

We would like to connect with
people thinking about taking on a
challenge. Who would also like to
raise funds and awareness for a
local Mind.

www.easthantsmind.org

Registered charity no. 1116301

Are you considering

Climbing, running, jumping,
swimming anything in between,
we want to hear from you.

Raise

If you would like to get involved
with a local Mind contact
mikel@easthantsmind.org



What Mental Health Ambassadors do:

- **Support.** Work with other people in your workplace (e.g. Committee or Team Leader) to proactively support the mental wellbeing of staff/ colleagues. Provide information about local services.
- **Engage.** Make links between your workplace with local mental health groups and organisations and encourage their members to get involved with your workplace
- **Tweet & Share.** Inform colleagues via social media about Havant and East Hants Mind information, campaigns, events and services.
- **Talk.** Start conversations about mental health with colleagues.
- **Advocate.** Share guidance and information provided by Havant and East Hants Mind about mental health issues.
- **Volunteer.** Get involved and actively participate in volunteer opportunities to support people experiencing mental health problems to start getting involved.

To be a Mental Health Ambassador for your workplace you will need a named Manager to support your application (workplaces can have more than one Ambassador).

Mental Health Ambassador for workplace

Mental health is rarely discussed in the workplace. Havant and East Hants Mind are looking for Mental Health Ambassadors who are committed to our cause of improving mental wellbeing within the workplace. The role of a Mental Health Ambassador is voluntary and only requires a small time commitment.

We are looking for Ambassadors who are/have:

- Experience of a mental health problem, either personally or from a close relative or friend.
- An open and non-judgmental attitude.
- A positive, patient and tolerant approach towards supporting people with mental health problems.
- A positive role model.
- Behave in a professional, confidential and non-discriminatory manner at all times and promote equal opportunities for all.



Mental Health Ambassadors in media

“Powerful and sensitive portrayals of mental health both educate the public and encourage people to seek help when they need it most.”

Andrew Flintoff at the Mind Media Awards 2016 discussed the important role of conversations about mental health within sport and the media.



HEH Mind will continue to identify and engage in discussion with as many workplaces as is suitable and possible. If you or your workplace would be interested in talking further about HEH Mental Health Ambassadors please contact us (details on back page).

Images provided by: (mind.org.uk) and (portsmouth.co.uk)

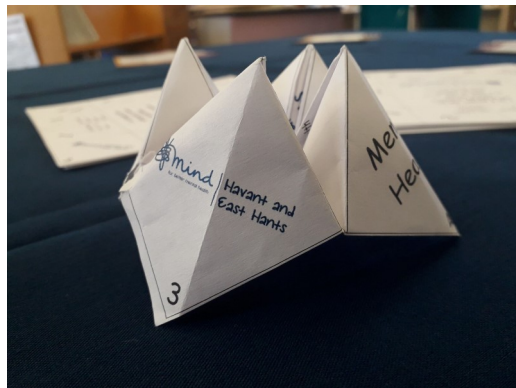


Ambassador Training

The Mental Health Ambassador training will cover a range of topics and discussions. The aim of which will be to support Ambassadors to feel comfortable talking and listening to conversations about mental health, illness and wellness.

Their role as an Ambassador will be introduced, explained and explored. The training will also include the following.

- Increased basic awareness of mental health
- Developed confidence and skills in starting conversations in their communities
- Professionalism
- Privacy and confidentiality
- Risk factor vs protective factors



Mental Health Ambassador for workplace

Mental Health Ambassadors will be provided with the necessary support, guidance and resources from Havant and East Hants Mind to help them in their role. This will include:

- Access to Mind's Mental Health Ambassador training
- A list of support services and contact details to signpost participants needing support with their mental health
- Monthly email updates with information on upcoming campaigns, events and support
- Opportunity to work more closely with local Mind and contact for support or queries





"I signed up as Mental Health Ambassador after my own experiences managing mental health. At the time I was running with Victory Running Club and we made the link with Havant Mind.

We began delivering walking groups as part of their 'Active Mind' programme and as an entry point for people to join our club.

Its been a very positive experience and I now volunteer for Mind on my other days off as well."

Cathy Beresford from Havant



Statistics to consider

- 1 in 5.8 people are experience mental health problems in the workplace (14.7%).
- Evidence suggests 12.7% of all sickness absence days in the UK can be attributed to mental health conditions.
- Better mental health support in the workplace can save UK businesses up to £8 billion per year.
- Mind's survey of 44,000 employees, found 48% experienced poor mental health (stress, low mood, and anxiety) while at their current organisation.
- Of those, only half chose to tell their employer about their difficulties.
- Mental health illness affects 1 in 4 every year in the UK.
- Suicide is the biggest killer of men under 45 and all genders under 35 in the UK.

