

The starting point

1 in 5 people in Wales
Are affected by anxiety, stress or
depression

Healthy Minds at Work

A development partnership

Equal ESF funding

Equal - “try it” approach

Goal of HMAW



- To help individuals with mental health related issues stay in work
- To ensure for their social inclusion



What we do



- 24/7 helpline
- Case managers
- Appropriate range of interventions
- Help you to ensure healthy workplaces
- Research, development of interventions, lobbying etc

24/7 Helpline

- **Provided by Link to Life (a partner)**
- **Experienced, qualified staff**
- **Immediate help if needed (e.g. suicide protocol)**
- **Agree future actions (triage)**

Case Managers

- **Training and development programme**
- **Independent/objective**
- **Work with individual and employer as appropriate**
- **Seek win/win solutions**
- **Help client access appropriate interventions**

Partner interventions

A wide range of interventions e.g.

- **counselling**
- **help/ support groups**
- **training**
- **therapies**

Healthy Minds at Work monitor and review

For employers



- Advice and guidance
- stress audits
- training e.g. dignity at work, stress,
- case management
- etc

Who are we working with?



A wide range of private, public and voluntary sector partners including:

- Focus DIY
- Most Wales police forces and Welsh Ambulance (999 services)
- NHS Trusts
- Farm Crisis Network
- Over 100 SMEs



Working with



- Local Authorities
- Citizens Advice Bureau
- Unison
- and many more organisations across Wales
- **YOU?**



Securing employer engagement



The messages:

- What is sick absence from mental health conditions costing your business?
- Are you at risk of litigation?
- How much more effective could your business be if everyone really wants to be at work and is performing at their best?

The Future?



- Learn from our experience
- Develop the partnership
- Create pan-Wales availability
- The dream!

