

Creating our No Mask For Mental Health campaign with great engagement and success.

Sending out over 1200 charity care packages to different frontline workplaces within the UK.



If you want to help us with these initiatives then please contact us: we can do this most effectively together

laurahydefoundation.org

-  LauraHydeFoundation
-  thelaurahydefoundation
-  LhFoundation
-  justgiving.com/crowdfunding/laurahydefoundation
-  thelaurahydefoundation@gmail.com

To donate £5 text LHF to 70660

#caringforthosewhocareaboutus
Registered charity number 1190944



Last year the Laura Hyde Foundation made huge progress on our goals to transform the mental health landscape for emergency services and healthcare professionals, amidst a challenging 2020 where the importance of our work became clearer than ever.

Some key achievements included:

Launching our clinically supervised, independent and free of charge support services alongside our trusted partners, helping over 8,000 individuals with their mental health.

Securing press coverage with over 100 media outlets including live television and radio.

To build on the momentum from 2020 we have identified four focus areas for 2021.

PROACTIVE SUPPORT & INTERVENTION

- Drive all trusts and workplaces to have a mental health wellbeing policy in place so that there is a preventative (rather than reactive) approach to staff health
- Ensure there is a board level wellbeing champion appointed in every trust or workplace dedicated to improving staff mental health and wellbeing
- Embed mental health and staff wellbeing support criteria into trust inspections so that mental health initiatives form part of the evaluation process



EDUCATION & AWARENESS

- Create and distribute educational content to form part of a mental health syllabus and promote within universities to reach future medical professionals
- Support the training of middle management in workplaces with a focus on prevention, early identification and education
- Provide video content to establishments to complement and enhance existing mental health provisions
- Generate further public awareness of the specific challenges facing frontline staff, particularly in light of the Covid-19 pandemic
- Push for further destigmatisation of mental health to facilitate an open dialogue for seeking help



DATA & ACTION

- Improve data collection for medical sickness absence and suicide to gain an accurate understanding of the scale of the problem
- Use data to understand specific challenges relating to mental health to inform and recommend the changes required to combat them
- Continue steering and collaborating with cross-entity groups (e.g. National Working Group for Prevention of Police Suicide & National Working Group for Prevention of Suicide in Nurses and Midwives) to obtain national data to inform strategies and policies



SUPPORT STUDENTS & EARLY CAREERS COHORT

- Determine specific support requirements for students and early career group who have been severely impacted by the pandemic
- Ensure adequate peer support networks are in place for those who have largely been studying remotely, with access to further mentoring
- Identify those students or junior staff who have had to prematurely assist on the front line in response to the pandemic, to reinforce and improve the mental health support available
- Continue promoting best mental health and wellbeing practices within learning institutions and workplaces to ensure staff are properly supported at the start of their career to encourage good mental health “habits”

