

MENTAL HEALTH CHARTER

INFORMATION PACK



CONTENTS

1 About us

2 Our Memberships

3 Our Training

4 Employee Assistance Programme (EAP)

5 Our Green Movement

6 Mental Health Roadshow

7 Your Mental Health Hub

8 Some of our Members

9 Contact Us

We are a not-for-profit organisation. All income is put back into the company to allow us to reach as many people as possible and raise as much awareness as possible surrounding mental health in the workplace

ABOUT US

Experiencing a mental health challenge is hard enough. Fear of judgement, shame and isolation just makes it that much harder. That's why we work to end mental health stigma and discrimination. The Mental Health Charter is a social movement to change the way people think and act about mental health challenges. The charter started in 2020 and is growing year on year! We support leaders in work and in communities to deliver change, and help organisations to stamp out stigma through their own charter activities. But there is still more to be done to change attitudes and behaviour.

We support workplaces by:

- Encouraging them to make a public commitment by joining the Workplace Mental Health Charter
- Working with them to create a mentally healthy workplace
- Empowering employees to stamp out stigma and encourage open conversation
- Providing the tools to deliver lasting change through ongoing support, training and networking.



Want to know more?

Visit www.mentalhealth-charter.co.uk

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OUR MEMBERSHIPS



	Bronze £100 per year	Silver £549.99 per year	Gold £749.99 per year	Platinum free after 12 months of gold or fast track options for £999
Posters for awareness	✓	✓	✓	✓
Logo and certificate	✓	✓	✓	✓
Weekly awareness emails		✓	✓	✓
Mental Health Training		1 Person	2 People	3 People
Discounted training			✓	✓
Employee mental health app (My Mental Health Hub)			✓	✓
Mental health induction materials			✓	✓
Discounts on health and well-being products and services			✓	✓
Blogs			✓	✓
Employee Assistance Programme			✓	✓
25 trees planted in your business name			✓	✓
Well being check ins/ pop up sessions				✓
Training platform				✓
Audit, Accreditation and Award				✓

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OUR TRAINING



This course raises awareness of mental health. It covers:

- What mental health is and how to challenge stigma
- A basic knowledge of some common mental health issues
- An introduction to looking after your own mental health and maintaining wellbeing
- Confidence to support someone in distress or who may be experiencing a mental health issue



This one day course trains you as an MHFA Champion, giving you:

- An understanding of common mental health issues
- Knowledge and confidence to advocate for mental health awareness
- Ability to spot signs of mental ill health
- Skills to support positive wellbeing



The four hour MHFA Refresher course will empower you to:

- Keep your awareness of mental health supports current
- Update your knowledge of mental health and what influences it
- Practice applying the Mental Health First Aid action plan



This two day course trains you as a Mental Health First Aider, giving you:

- An in-depth understanding of mental health and the factors that can affect wellbeing
- Practical skills to spot the triggers and signs of mental health issues
- Confidence to step in, reassure and support a person in distress
- Knowledge to help someone recover their health by guiding them to further support - whether that's self-help resources, through their employer, the NHS, or a mix



This half day or full day course from Suicide First Aid will empower you to:

- Knowledge to spot the signs of someone who may be thinking about suicide
- Confidence to intervene and help create a suicide-safety plan
- Skills to offer support to someone in distress or who may be experiencing suicide thoughts



This 4 hour course will allow you to be able to:

- Understand your responsibility as a manager in supporting the mental health of your team
- Recognise the business benefits of supporting mental health and wellbeing
- Initiate conversations about mental health with your team
- Recognise physical, emotional, or behavioural changes in your team members that may indicate a change to their mental health

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EMPLOYEE ASSISTANCE PROGRAMME

A 24-hour helpline to support you through any of life's challenges which can include face to face counselling

Sometimes it can be difficult to balance the pressures of work and home life. We provide caring and confidential support to both you and your immediate family.



Family issues



Legal information



Financial information



Medical information



Housing concerns



Relationship advice



Alcohol or drug issues



Stress & anxiety



Childcare support



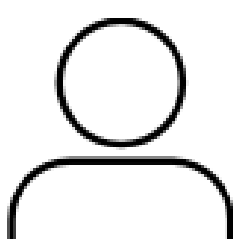
Low mood



Retirement



Domestic abuse



Consumer issues



Bereavement



Tax information

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OUR GREEN MOVEMENT

The need to take action against the current climate crisis has never been so important.

That's why

In our new green movement we pledge to plant 25 trees for every new GOLD and PLATINUM member!

We will be working with one of our members, Ecologi to make this mission possible!



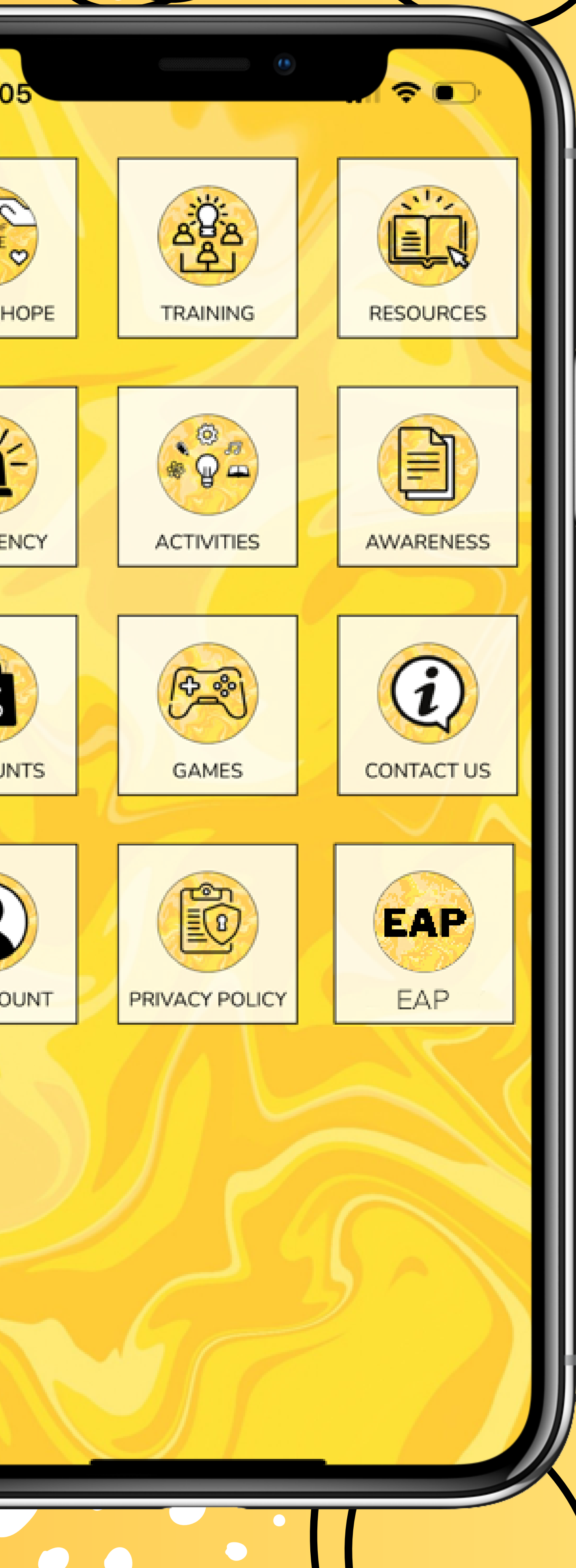
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YOUR MENTAL HEALTH HUB

With our gold and platinum membership all of your team/employees will have access to our Mental Health Hub app accessible via the App Store. You can also access through the website.



There's a lot to explore on the app including audio books, mindfulness sheets, ebooks and even a page of our very own members only discounts for a range of health and well-being products and services.



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SOME OF OUR MEMBERS

OREAN. BEAUTY BUILT BETTER **Holland & Barrett**

6POINT6

TRAINING ACADEMY UK

accessplanit

TOAST
HERE'S TO CHANGE

CITY ESSEX &
A CLEANING COMPANY.

elior

COOK

PR

CSS

TRITON THE UK'S SHOWER COMPANY

NHS

Sytner Group

England



RBH

NRG

RIVERSIDE
Experts in Specialist Fleets

Dancing Squirrel
the possibilities are endless

PIER HEALTH GROUP

EMaC.

SIGMA CONNECTED

bartlett mitchell



CURVE

REMEDIA+ SOLUTIONS

SIPSMITH

London

YOU'LL NEVER WALK ALONE

BRISTOL
GLOBAL MOBILITY

Routeco
A Sonepar Company

COTY
SINCE 1904

the gym group



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CONTACT US



Mental health charter C.I.C



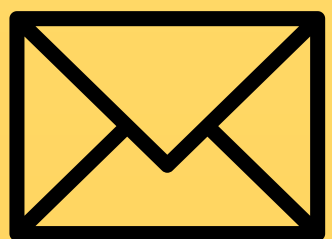
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