The webinar will be starting shortly
Yesterdays Final Poll

Are you enacting pay cuts across the board?

- No cuts: 88%
- 5% cut: 1%
- 10% cut: 3%
- 25% cut: 5%
- > 25% cut: 3%
• Poll – mental health
• #AskRishi
• CBI Update
• Site Operating Procedures Revert to V1
• NHS Survey – closes today
• Poll Results
• Safeguarding Mental Health - Emily Pearson, Our Mind Works
• Mental Health Q&A
Emily Pearson
Our Mind Works

Workplace mental health during global uncertainty
Workplace mental health during global uncertainty

Why and How:
Working together for better mental health at work.

OURMINDSWORK
Worry and anxiety are common at the best of times.

Our Mind’s Work are providing employers and employees with tools and guidance with the aim of approaching supporting employee mental health a simple and structured practice.

• Know how to evaluate your own mental health using the Continuum Model

• Understand how to complete a personal Stay Well at Work Support Plan (SWWSP)

• Know ways you can look after your mental health
I’M NOT FEELING MYSELF

WHY ARE YOU READING THIS?

• Have you noticed a difference in how you’re feeling?
• Have others commented on a change in you?
• Are you or someone else worried about this?
• Have you experienced something upsetting - relationship breakdown, loss of a job, money trouble, illness?

We all have mental health - like physical health.

Using the Continuum to evaluate your mental health and take action to stay well every day can help us to manage difficult times.
Looking after your mental health

Complete and share your Stay Well at Work Support Plan – teams may be experiencing higher levels of stress and worry during this time. Completing a SWWSP to follow and share with our managers can help us to work together to stay mentally well.

Design your new workspace around health and wellbeing - being able to find what we can control in our new working environments can help us to create our own safe and calming workspace.

Plan your day and keep to routines – Sticking to your usual daily routines can help to give structure and certainty to our days. You might find it helpful to write your daily plan in your SWWSP.

Stay connected - Social distancing should only be physical. Staying connected to our colleagues, friends and family is essential. Group chats online are just as much fun and engaging as they are face to face.

Balance your work and social/alone time - Making sure we plan time in our day to get active, listen to music, do something creative, or just spend some time doing what makes us happy is vital to attending to our own needs.
Useful contacts for information and guidance

BESA – EAP ADVICE AND SUPPORT  BUPA for you and YOUR FAMILY
0800 269 616 – 24/7
bupa.co.uk/eaponline

Mind - Information and support on mental health.
WEB: mind.org.uk
TEL: 0300 123 3393
EMAIL: info@mind.org.uk
TXT: 86463

Every Mind Matters
WEB: nhs.uk/oneyou/every-mind-matters

Mencap – people with a learning disability
WEB: mencap.org.uk

Autism Helpline
0808 800 4104

AGE UK advice line
0800 678 1602

Alzheimer’s Society Helpline
0300 222 11 22

Who can help with a mental health crisis or emergency

Samaritans - Emotional support for times of distress
WEB: samaritans.org
HELPLINE: 116 123
EMAIL: jo@samaritans.org

Find Crisis Support Services –
WEB: nhs.service-search/other-services/crisis-support/location search

Urgent Care (that isn’t life threatening)
NHS – 111

Medical Emergency (if life is at risk)
CALL 999
Mental Health Q&A

All other questions – please email them to covid19@thebesa.com

Or join us on Monday for a general Q&A
Monday’s Webinar

A recap of any new developments and a general Q&A

We want your questions via video!

Send them as MP4 files to covid19@thebesa.com before 5pm Saturday.

We will select 5 to be shown on Monday in the Q&A
SUPPORT FROM BESA

[https://www.thebesa.com/covid19](https://www.thebesa.com/covid19)
- Access lots of guidance
- Latest news
- Slides and recording available on the website
- Daily webinar – forward programme and signup

[mailto:covid19@thebesa.com](mailto:covid19@thebesa.com)
- Email to send queries to
- If you want to join the WhatsApp group email us your mobile
Thank you

www.thebesa.com/covid19

covid19@thebesa.com