

YOUR STORY ISN'T OVER YET!
LET'S TALK
WE ARE LISTENING

A stylized, colorful illustration of a landscape. In the foreground, there are rolling green hills with a dark brown path winding through them. On the left, a green tree and a purple flower stand on a small hill. A red bird is flying in the sky above the tree. The background features more rolling hills in shades of blue and white, suggesting a distant horizon or sky.

Wellbeing Forum 2018

Who am I?

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Stand Up

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What is Mental Health?

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Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act.

It also helps determine how we handle stress, relate to others, and make choices.

Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Mental Health

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1 in 4

Mental Health

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Depression & Self Harm

Mental Health Issues



Needed counselling & nearly
suffered breakdowns

Duty of Care

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Legal

Government are looking to review the HSAWA, in regards to the First Aid regs, so that it's specifically refers to 'Mental Health'.

Financial

Poor mental health costs the UK economy between £74 billion and £99 billion a year

Poor Mental Health Costs Employers up to £42 Billion a Year

D.O.C continue.....



Moral

300,000 with long term mental health problems lose their jobs every year – DWP.

We work in industries where a macho culture prevails or where a competitive environment may exist, which prevents people feeling able to be open and chat about their issues.

Every 100 minutes a teen takes their own life. Suicide is the third-leading cause of death for young people ages **15** to **24**. About **20** % of all teens experience depression before they reach adulthood. Between **10** to **15** % suffer from symptoms at any one time.

12 suicides in the last 18 months

What is the Issue?

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Working away from home

Long hours

Living accommodation,

Poor Diet/lack of exercise

Alcohol. & Drugs

In July 2016 we identified that the cases of mental illness in the construction industry was rising, contributing factors were

Home life



SMF

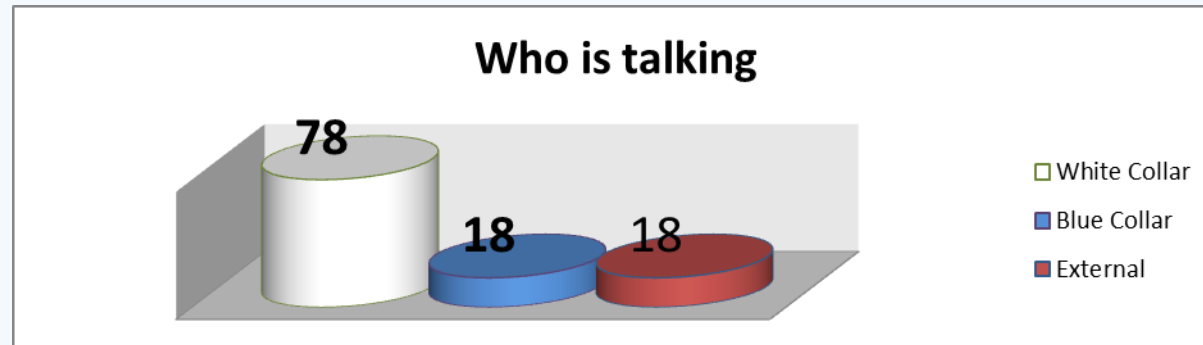
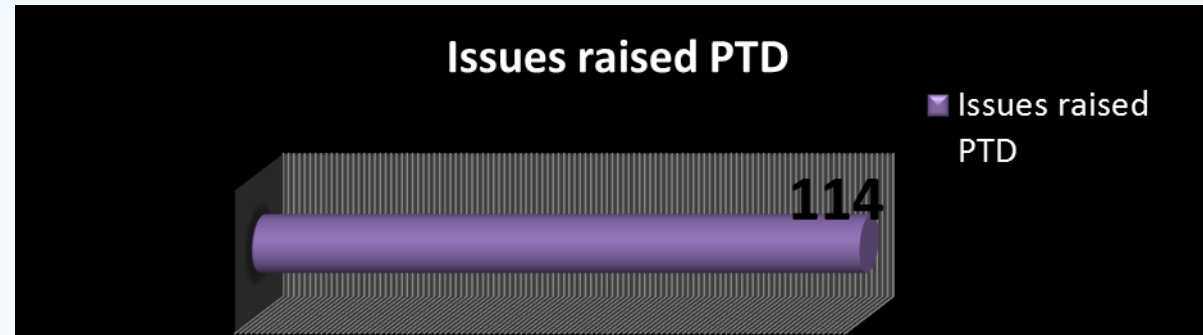
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We introduced the following in September 2016

- Mental Health First aiders,
- Trained managers & supervisors – Tailored course
- Awareness presentation to the workforce.
- Shared best practice with other companies (MP) who then introduced similar programmes

Monitor

Common Trend/Cause
Social Isolation/Loneliness
Discrimination and Stigma
Bereavement
Severe or Long Term Stress
Debt/Financial
Long-Term Physical Health Condition
Drug and Alcohol Abuse
Significant Trauma as an adult, such as PTSD
Physical Causes (Occupational/Physical Health)
Living with/caring for family member/friend/terminally ill
Relationship/Marital Issue
Work/Life Balance
Peer Pressure/Work Related Stress
Industrial Disease
Other



Wellbeing Forum

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WELLBEING FORUM **SELLAFIELD**

The greatest assets our member organisations have are our people.

The greatest assets our people have is their health and wellbeing.

The health and wellbeing forum is committed to creating an environment within which good health and wellbeing is integral to the everyday lives of our people.

The aims and objectives of the forum are as follows:

- To provide a forum for the sharing of best practice with regards to wellbeing.
- To promote and develop measures to ensure wellbeing of all personnel is achieved throughout contracting community at Sellafield.

This meeting is held on a monthly basis at the SMF project, if you would like to join the forum please contact C Melvin (cath.melvin@balfourbeatty.com).

Let's all join together to make a difference by changing the way we work and live.



Conference

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Major projects Mental Health Event Thursday 30th November 2017 at Sellafield B111

First Session 0900 to 1200 | Second Session 1300 to 1600

People who battle mental health illness are not weak. Read the third word again, they "battle"... now the sixth, "illness"... they are warriors who are battling illness. Others who battle are respected, so why the stigma?

Let's bin the Stigma of Mental Health and Start to Talk!!!

This event will be to raise the awareness of mental health, by having guest speakers talking about their experiences, organisations providing advice on what to do and where to go for support and coping mechanisms to help those who suffer with mental health.

Geraldine Brammer RGN BSc (Hons) Specialist Practitioner Occ Health (Balfour Beatty UK Occupational Health Manager) will be opening both sessions.

EVENT PROGRAMME

Dramanon

They will use an established and powerful psychological model to explore a range of common relationship challenges, both in the workplace and at home, including:

Spotting the signs of mental health areas such as stress, pressure and anxiety both in ourselves and others and how to take appropriate action and listening to and supporting others in distress.

The benefits of fusing the two elements of theatre and facilitation are that you bring education into an entertaining format underpinned by solid thinking around mental health in a highly engaging way.

State of Mind

Danny Sculthorpe & Jimmy Gittins will be talking about their own experience in dealing with mental health.

Please contact the following to book your attendance:
Cath Melvin cath.melvin@balfourbeatty.com
Emma Baughan emma.baughan@balfourbeatty.com

ORGANISATIONS SUPPORTING THE EVENT



Project Delivery Directorate (PDD)

Mental Health Conference

Young People / Self Harm & Suicide

Sella Park Sellafield

Thursday 4th October 2018

1st Session 09:00 – 12:00 | 2nd Session 13:00 – 16:00

Please contact the following to book your ticket:

Cath Melvin cath.melvin@balfourbeatty.com or Emma Baughan emma.baughan@balfourbeatty.com

Event Programme

Break Out Rooms

Room 1 Young Minds – Workshop: building resilience in children and young people

Room 2 Together Group – Managing Physical and Mental Wellbeing with Young People

Room 3 Resoul PT – Exercise vs. Mental Health: improvement, nutrition, other groups in Cumbria

Room 4 Alternative Therapy – We aim to help towards the reduction of stress whilst increasing mental and physical health

Event Programme

Peter Larkum - Mental Health First Aid Instructor
Peter has over 20 years youth work experience and became a mental health trainer in 2010. Peter will be talking about adolescent development and the impact mental ill health can have, how we can build better resilience and empower young people to make positive choices.

The Stranger on the Bridge
The Stranger on the Bridge tells the moving story of Jonny Benjamin. Having been diagnosed with schizophrenia shortly beforehand, he stood on London's Waterloo Bridge in January 2008 and prepared to take his own life. That was until a stranger walking across the bridge saw him and talked Jonny down from the edge. They are here to tell their story.

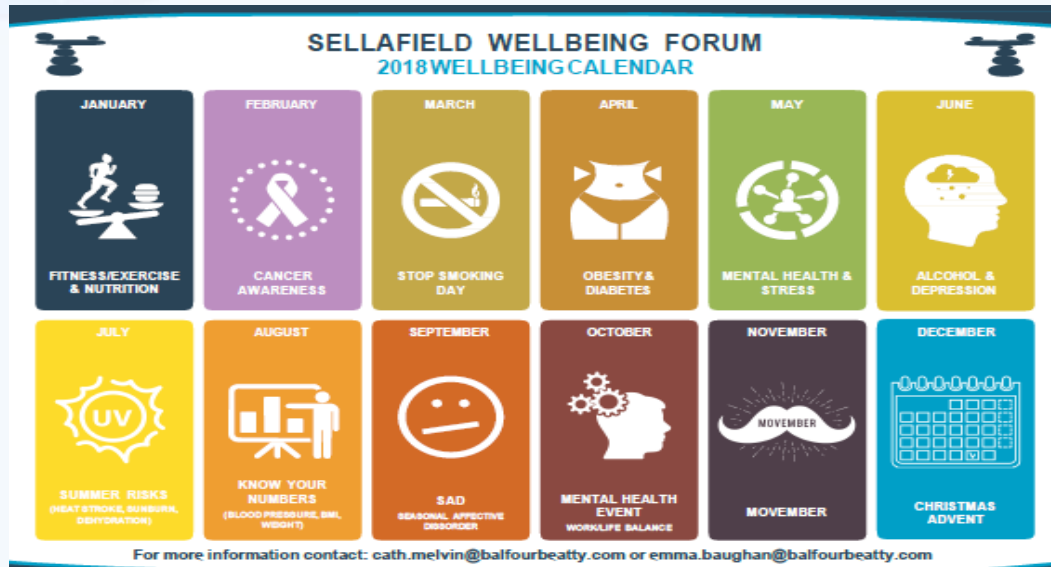
FIGHTING FOR YOUNG PEOPLE'S MENTAL HEALTH

We must lead the fight for a future where all young minds are supported and empowered, whatever the challenges.



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WELL-BEING FORUM CALENDAR 2019

All proceeds will be donated to the following charities...

£5.00



Young People/Self Harm/Suicide

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Mental health problems among children (aged 5-16):

- Public Health England most recent stats 67,600 children aged 5-16 are seriously depressed
- Over 8,000 children under age 10 have experienced severe depression.
- Mental or psychiatric disorder 1.5 million
- Severe disorder or mental illness 30,000

Self harm

- 3 in 4 young people don't know where to turn to talk about self-harm
- A third of parents would not seek professional help if their child was self-harming
- Almost half GPs feel that they don't understand young people who self-harm and their motivations
- 2 in 3 teachers don't know what to say to young people who self-harm

Suicide

- In the UK, there were 5,821 reported suicides in 2017, Cumbria has twice the national average
- 9% of 16-24 year olds have attempted suicide in their lifetime
- Around three-quarters of all suicides in 2017 in the UK were male.
- 2017 in the UK, persons aged 40 to 44 years had the highest age-specific suicide
- The highest rate for females was 50 to 54 years, at 8.3 per 100,000.
- Someone dies by suicide every 90 minutes in the UK.
- Suicide kills 3 times more people than road traffic accidents

To Date

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Since the Wellbeing Forum started in July 2017 we have achieved the following:

Over 15 companies have joined us including companies off site

Three MH Conference (1 at Risley)

Over 100 First Aiders across PDD and more are being trained (able to self deliver training)

Forum members & External contacts are SME in a wide range of wellbeing areas

The Wellbeing Forum has a FB page now, which has over 5000 followers from as far as Japan and is growing every day (join us at wellbeingforum@wellbeingforum) and share your story

What's Next?



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Increase wellbeing forum following

Continue Raising the awareness of Mental Health & Wellbeing both on and off site (More initiatives)

2018 Advent Calendar & 2019 Wellbeing Calendar (Charity Donation)

2019 Mental Health Conference (Bigger & Better)

A core team to help & support PPP and the local community in the implementation & management of Mental Health to ensure commonality & consistency

Extend the Wellbeing Forum into the wider community, Mentor & Develop Core team (More knowledge)

Network / Benchmark / Function

Our Commitment

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We commit to continue raising
awareness of Mental Health & Wellbeing
- giving it the same importance as
Physical Health

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Questions????

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