

Work Well

Recruit well. Start well. Stay well.

David Gray, Employment Support Worker



Mind Hull and East Yorkshire

Did you know...

- Poor mental health at work is the leading cause of sickness absence.
- A staggering 70 million work days are lost each year due to poor mental health in the UK, costing employers approximately £2.4 billion per year.
- The cost for poor mental health at work is approximately £1,300 for every employee in the UK economy.
- The average cost to recruit someone new is £3,000

Hull and East Yorkshire Mind are working with Hull City Council to address some of these issues relating to employment and poor mental health.

This is the 'Work Well' programme and is available to anyone living or working in any HU postcode area.

Recruit well - Employers

Good mental health at work and good management go hand in hand and there is strong evidence to suggest that workplaces with high levels of mental wellbeing are far more productive.

For most businesses, we know that there is often a lack of knowledge or resources that can prevent them from taking action - but it doesn't have to be this way. We can work with businesses to ensure that their employees are happy and healthy - resulting in higher productivity and lower absence rates.

We can provide training and resources such as:

- Face to face support
- Specific mental health training such as Mental Health First Aid
- Skills building for managers
- Training on how to have conversations about mental health
- Employee access to our Workplace Stress Programme/drop-ins
- Specialist information and advice

Start well – 16-24 year olds

We know that starting work can be daunting, especially if individuals are struggling with poor mental health.

They might be worried that their mental health will affect their job, or they may be stressed that starting work will impact on other things happening in their life. If their mental health is making it hard to find a job, or accessing volunteering or training opportunities, we can help.

- Help getting into work, volunteering or training
- Help with practical issues that they may be facing
- One to one employment support, advice and guidance
- Personalised action plans
- CV writing and support to complete job applications
- Help to find suitable opportunities/vacancies
- Interview skills and help engaging with potential employers
- Internal pathway for therapy

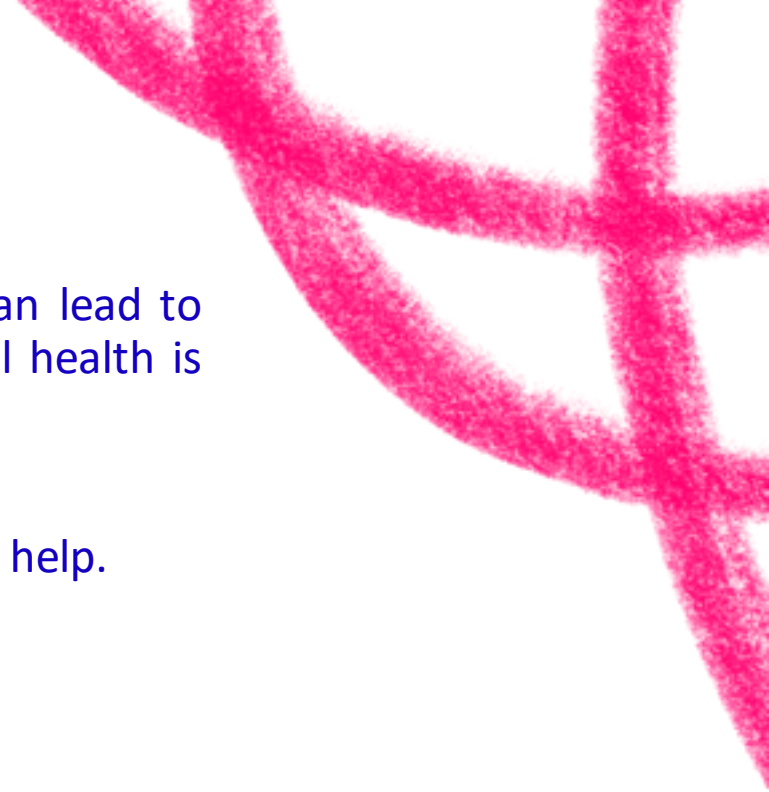


Stay well – All ages

At times, an individual's work may be affected by their mental health and this can lead to feelings of stress, anxiety and depression. They might even think that their mental health is making them feel that their job is at risk.

We want them to know that they don't have to go through this alone. We are here to help.

- One to one employment support, advice and guidance
- Personalised action plans
- Attending work meetings with you and your employer
- Engaging with your employer to better understand your needs
- Support with returning to work following absence
- Help with identifying issues at work and how to resolve them
- Support to find alternative employment
- Internal pathway for therapy



How to contact us:

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