

## **This is Me for Mental Health Awareness Week 2020 Webinar on 20/04/2020**

Use the week as a community that more now than ever we need to help & support employees.

Mental Health Awareness Week is 18-24 May 2020

Theme set by Mental Health Foundation is 'kindness'

This is Me - committed to changing attitudes towards mental health. Organisations collaborating to build inclusive workplace cultures. Reducing stigma, dispelling myths and improving employee wellbeing for good.

- The Green Ribbon Campaign
- This is Me Storytelling
- Wellbeing in the Workplace

Encouraging and sharing of experiences and resources across different employers.

### **The Green Ribbon Campaign for 2020 – Robyn Vernon-Harcourt (The Lord Mayor's Appeal)**

Raising awareness through a visible commitment to help #endthestigma around mental health showing those experiencing mental health issues that they are not alone. We want to still do this but virtually this year.

1. Creating a visible movement of support by turning **LinkedIn Green** & **#endthestigmaleads**
2. Be kind to others through **Give a Green Ribbon**
3. Be kind to yourself through **Green Ribbon activities – can make your own green ribbon through the origami make your own or colouring make your own**. Send the details around your offices both nationally and internationally.
4. Be kind through listening using **Wellbeing in the Workplace**
5. Show example of kindness through **This is Me Storytelling**

### **Opportunities for supporting mental health – Richard Martin (byrne dean)**

Reflect on what people are going through now. What's our new normal? We see colleagues in the office and we know what the normal is. Under current circumstances we do not know what that normal is.

Be aware of your feelings and remember the world is upside down at the moment. Take the opportunity to talk to one another. Reach out to colleagues. Think about those you would usually talk to that perhaps you haven't done so since lockdown. Make a point of listening.

**Using This is Me @ Pinsent Masons for Mental Health Awareness Week - Lynne McCaughey (Pinsent Masons LLP)**

**Disability & Wellbeing Group**

- Mental Health Strategy
  - To reduce the stigma around MH in the firm/legal sector
- Mental Health Champions
  - n/work of over 200 mental health champions
  - all grades, offices b/grounds & experience
  - 1<sup>st</sup> point of contact
- 3 elements
  - Storytelling – could even record your own story on your mobile and send it to colleagues. Blogging is also a good way to get your story out there. Think about your networks who you can use to get your blog/story out there.
  - Green ribbons
  - Wellbeing in the workplace – Samaritans e-learning tool. Can use it anywhere at anytime.

**Mental Health Awareness Week at Pinsent Masons**

- Topics:
  - Mental health & COVID 19
  - Mindful business charter
  - Menopause awareness
  - Engaging men in mental health
- Intranet pages:
  - Online resources
  - Blogs
  - Webinars
- Other ideas:
  - Virtual tea & talk
- 5 Mindful Minutes
  - Breathing
  - Bath and relax
  - Walk or run
  - Meditate
  - Set up a wellbeing wall with different ideas for 5 Mindful Minutes
- Wellbeing wall
  - Have a notice board for wellbeing ideas e.g. Stretching exercises, meditation apps, YouTube videos etc
- Raise awareness
  - Charities, Mind, Samaritans
  - Raise money for the charities – keep quiet in your lunchbreak, shave your hair, climb the stairs
  - Dress up or fancy dress Friday?