

Mental Health Awareness Week

Activity Pack

Monday 13 to Sunday 19 May 2019



Objectives for the week

- Raise awareness of mental health and mental health problems
- Launch the Mental Health Toolkit
- Inspire action to promote the message of good mental health for all
- Raise awareness of Co-op materials and services regarding mental health and the support that is available to colleagues
- Engage and inspire all areas of the Co-op to actively get involved during the week with minimal guidance
- Stress the importance of the Exec and Senior Leader's leading the charge for this week and 'normalising' mental health

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Comms/Activity Plan

What	Where	Day	Action Required
Local events run by D&I Pioneers and People Teams	Countrywide	All week	Ask colleagues to write personal pledge and Tweet with them holding it up
Colleague interaction on social media (Twitter in particular) #MentalHealthAwarenessWeek #BeingCoop	Social Media	All week	
Deliver Activity Pack to field and other areas of the business	Field, 1AS, other areas of the business	w/c 29 th April 2019	
Launch Communication	Colleague Stories and Social	13th May 2019	Launch the week, talking about the importance of supporting mental health. Video of two colleagues telling their story. Launch of Mental Health Toolkit and signposting to LifeWorks
Colleague Stories	LifeWorks	All w/c 13th May 2019	Individual stories shared
Comms – Leaders update	Leaders Update	14 th May 2019	Video from selection of Co-op leaders to talk about why MHAW is so important and how leaders can support colleagues (including toolkit)
Wrap-up the week	Colleague Stories and Social	17 th May 2019	Video from selection of Co-op leaders to close the week. Share Twitter moment to show how week went.

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Activity Pack

[What's in it?](#)

In this pack, you will find a host of information that can help you and your teams celebrate and get involved with Mental Health Awareness Week. You will be able to start a broader conversation around Mental Health and why it is vital that we start normalising the subject in the Co-op.

[Who is it for?](#)

Anyone can use the content to start the conversation, but it is helpful if you can have someone who can help to facilitate the sessions to get the most out of the conversation. You don't have to have a HR person present, but if you are unsure of anything, then it is worth checking in.

[How can you use the toolkit?](#)

The pack can be used to give you ideas of what to do during the week. There is a slide deck that will allow you to hold a session amongst your team. We understand that allocating time to hold these sessions might be difficult and limited, so you can cut the session down to suit the time available. We have included time recommendations next to each slide but this is completely optional and if you want to go further and explore different areas of Mental Health, we encourage this.

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Section 1 – Pre Planned Session



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Session Outline

1. Introductions + Welcome – 10 mins
2. Myth busting activity (group activity) – 15 mins
3. What is Mental Health? – 5 mins
4. Who has had Mental Health problems – 15 mins
5. How can you help? – 5 mins
6. Where can I get help? (signposting) – 5 mins
7. Conclusion & Personal Pledges – 5 mins



Introduction

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What is Mental Health Awareness Week?

Founded in 2001, Mental Health Week is a UK event supported by the Mental Health Foundation. The aim of this week is to educate the public about mental health issues and to promote better mental health. This event is also a vehicle to raise funds for the Mental Health Foundation.

The Mental Health Foundation is a UK charity which supports research into mental health issues, promotes better mental health, campaigns to reduce the stigma and discrimination surrounding mental health, and develops better mental health services.

Mental Health Awareness Week 2019 will take place from **Monday 13 to Sunday 19 May**.



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Goals + objectives of the week

- Raise awareness of mental health and mental health problems
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- Engage and inspire all areas of the Co-op to actively get involved during the week with minimal guidance
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Why focus on Mental Health?

- We all have mental health and, as part of our commitment to colleague wellbeing & becoming a more inclusive Co-op, we want to help colleagues better understand mental health.
- By doing this we want colleagues;
 - to help create the inclusive culture that treats mental health equally to physical health; and
 - to be able to speak openly about mental health, good or bad, and know where they can get support when they need it.

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Activity

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Myth Busting

- On your tables you will see some Myth or Fact cards, in your groups discuss the statement and decide whether it is a myth or a fact.
- Take 10 minutes and we will all discuss the answers together.



What is Mental Health?

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mental health

noun [U] • **UK**  /,men.tʰəl 'helθ/ **US**  /,men.t̩ʰəl 'helθ/

- ★ **the condition of someone's mind and whether or not they are suffering from any mental illness:**

Laughing is good for your mental health.

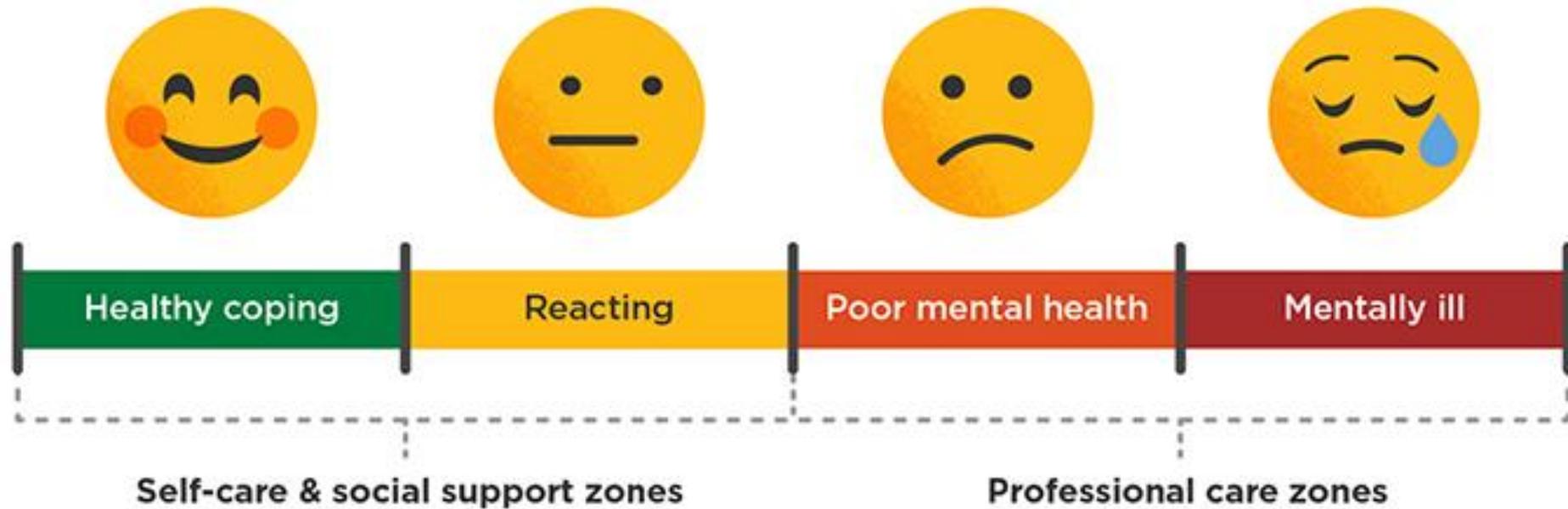
mental health disorders

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What is Mental Health?



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Types of Mental Health

- How many different types of mental health problems can you name?

Stress

Anger

Anger

PTSD

Hearing voices

Psychosis

Anxiety and
panic attacks

Eating problems

Bipolar disorder

Schizophrenia

Hoarding

Depression

Panic attacks

Hypomania and
mania

Obsessive-
compulsive
disorder

Dissociative
disorders

Recreational drugs &
alcohol

Loneliness

Paranoia

Personality
disorders

Phobias

PMDD

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Who has had mental health problems?

People you may know who have experienced poor mental health



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Co-op colleagues and their Mental Health

- We'll provide a video on Monday 13 May that you can play here. It'll be about 10 minutes long.
- After the video, facilitate a short discussion on the content.

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How can you help?

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Mental Health Toolkit

You don't have to be an expert to help and you most certainly are not expected to have all the answers.

We have developed the first of a series of Mental Health Toolkit's for Co-op colleagues.

This toolkit will help our colleagues and managers understand mental health in it's basic form and guide them in what to do and how to act.



The Co-op guide to supporting each other.



Mental Health TOOLKIT



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Have a Conversation

(Activity 5 mins)

- Work in pairs or small groups.
- Ask each other how you're feeling today, what does mental health mean to you and how (if at all) has it affected your life (family, friends etc.).

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Where can I get help?

Co-op:

- **LifeWorks** – is our Employee Assistance Programme (EAP). You can contact the EAP from a UK landline or a mobile with FREE contract minutes on **0800 069 8854**
- **ER Services** – If you are a manager and need support you can call : **0330 606 1001**

Other support available:

- **MIND** - A starting point for anybody suffering from mental health problems www.mind.org.uk
- **Mental Health** - This UK's leading mental health research, policy and service improvement charity www.mentalhealth.org.uk
- **Samaritans** - If you need somebody to talk to, the Samaritans are available 24 hours a day. Call **116 123** - it's free. www.samaritans.org

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We would love for you to share your personal commitments

#MentalHealthAwarenessWeek

#beingcoop

- On your tables you will see 'I pledge cards', we all have something to do in order to normalise Mental Health.
- What do you pledge to do during Mental Health Awareness week and how will you make sure this continues after.



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Thank you / Questions

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**Show your support through
social media**

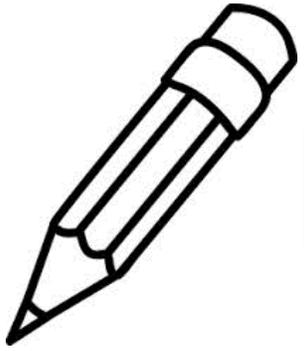
**#MentalHealthAwarenessWeek
#BeingCoop**



Section 2

Resources and Other Activities





I pledge...



Mental Health Awareness Week

Resources

<u>Poster</u>	<u>Brew + Chat</u>	<u>Conversations Starters</u>	<u>Support Group</u>
<p>Here's a poster you can use to advertise any event you want to hold.</p>  <p>Poster</p>	<p>Grab a brew and a partner (perhaps someone you don't work with on a day to day basis and rarely talk to) and sit down together for 5-10 minutes.</p> <p>Some topics to discuss:</p> <ol style="list-style-type: none">1) How are you?2) Public attitudes towards mental health problems3) One high and one low from your week so far4) One way in which you take care of your wellbeing	<p>1 in 4 people will experience a mental health problem this year. Get talking using these mental health conversation starters.</p> <p>Use the Myth Busting cards provided in this activity pack to start a conversation on mental health. Are there any surprises? Discuss in groups.</p>  <p>Myth Busters</p> <p>Use a 'Chatterbox' to start the conversation on Mental Health.</p>  <p>Chatterbox</p>	<p>Start a Mental Health support group in your department/team to help normalise mental health and better support your colleagues.</p> <p>This can be as informal as you like and would be great to combine this with the 'Brew + Chat'. Weekly get-togethers can help colleagues talk about their problems and make them realise that they are not alone.</p>  <p>Mental Health Support Group</p>

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Want more info?

HR_Wellbeing@coop.co.uk

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