

HR COMMITTEE 18 MARCH 2021

MENTAL HEALTH MATTERS - UPDATE

The council continues to be committed to supporting the mental health of all staff and members.

Over the past year more than ever, we have promoted a wide range of support, including:

- The 'Every Mind Matters' NHS campaign, which included a mental health 'mind plan' quiz which, dependant on the answers given, gives tailored suggestions on how to improve your mental health
- Promoting the iTalk guide on managing work stress
- Promoting World Mental Health day
- Training another group of mental health first aiders, doubling our number to 24 across the Council,
- HR running 'Managing our Mental Health' and 'Tips for Homeworking Well' sessions throughout the year
- Introducing Wellbeing Action Plans - so that managers can develop an awareness of your working style, stress triggers and responses. The aim is to ensure your wellbeing at all times
- Promoting the 'Time to Talk' campaign which included activities such as fun team meetings, creative cooking together, laughing yoga and bollywood dance sessions
- Delivering a Mental Health newsletter – we've had 2 editions so far, one just into the new year focussing on caring for emotional and mental wellbeing, and the second one launched in March focussed on developing better sleep, breathing and talking
- Arranging Mindfulness techniques training sessions which could be attended by all employees virtually
- Promoting Employee Support Line, especially through mental health first aider conversations.

It doesn't stop there – in the last month, we've added some more really useful updates to our Mental Health pages:

- Shout text messaging mental health support service
- Support for the LGBTQ+ community during lockdown through Shout
- Tips for Leaders on managing mental health for themselves and their teams
- Personal resilience tips useful to us all

Staff and members can click on the link to find out more <http://forestnet/article/3688/Mental-Health>. These have been promoted on Forestnet and by email.

We've created additional resources for our operational staff to ensure they're up to date too, and our Mental Health First Aiders are distributing posters at depots in the next week or so for this covering the Shout campaign and highlighting some of our operational Mental Health First Aiders – examples are attached for your information.

In the next month, we will be devising a page which has links to all the range of useful mental health information, so that it is easily accessible for all to use.

We will continue to seek out new and diverse ways to support our mental health as we move forward as a priority.

(PDF Posters attached)

RECOMMENDATION :That the update is noted.