

HELLO...

AND WELCOME TO OUR JUNE HEALTHIER MIND NEWSLETTER.

This month we highlight key Healthier Mind campaigns: International Father's Mental Health Day & Carer's Week

A key theme across the June campaigns is the importance of raising awareness of the challenges we can all face at different points in our lives. It is so important to raise awareness of these struggles so that we ourselves can recognise the significance of the challenges we are facing but also so that we are all able to better identify when those around us might need support.

Our Healthier Mind Newsletter is bursting full of hints, tips and resources to support your mental wellbeing. You'll also be able to find who your newly trained mental health first aiders are this month.

This month, in our **Mindful Moment Toolbox Talk**, we discuss men's mental health in aid of Men's Health Week 2022.

Read on to find out more...

Harjeet Moore

Head of People



INTERNATIONAL FATHER'S MENTAL HEALTH DAY

June 20th 2022

International Father's mental health day is held on the day following Father's Day each year and the campaign looks to create awareness of fathers' mental health and hopefully encourage more men to come forward and ask for help. The international campaign is being led from the UK by Dr Andrew Mayers; a mental health campaigner and educator at Bournemouth University and Mark Williams; a Dad who developed mental health problems after his wife experienced birth trauma. Mark is now a global campaigner for parents.

Most of us will have heard about the mental health struggles that mothers can face during the perinatal period (around the time of pregnancy and within a year of giving birth) unfortunately, more often than not, fathers aren't included within these conversations. It is thought this might be the case because perinatal depression is often perceived as being solely hormonal in nature, therefore, it is often assumed that father's won't be affected. However, this isn't completely true, although hormones do play a role, other factors such as stigma, social support and socio-economic factors such as income and education can all be predictors of perinatal mental health issues.

Research shows that around 1 in 10 new fathers experience paternal postpartum depression- this dramatically increases to around 5 in 10 (50%) when the mother is experiencing depression. These numbers are also likely to be higher in reality as due to the stigma and societal pressures men face to maintain a 'stiff upper lip', many shy away from seeking professional support.

It is so important to shed light on the fact that fathers may also struggle with their mental health as the impact of mental illness for men can be catastrophic if they don't feel able to reach out for help. Currently in the UK, suicide is the biggest single killer of men under 45. It is thought that one of the reasons contributing towards the male suicide rate being three times higher than women's, may be due to the fact that men are conditioned to not express their emotions or seek support for their mental health.

For more information and support, head to our signposting section.



1 IN 10 NEW FATHERS EXPERIENCE PATERNAL POSTPARTUM DEPRESSION



CARERS WEEK: MAKE CARING VISIBLE, VALUED AND SUPPORTED

6-12th June 2022

Carers Week is an annual campaign to raise awareness of caring, to highlight the challenges that unpaid carers face and recognise the contribution they make to families and communities throughout the UK.

A carer is anyone who looks after a family member or friend who has a disability, mental or physical illness, addiction, or who needs extra help as they grow older. Whilst many feel that caring is one of the most important things they do, its challenges should not be underestimated.

Caring without the right information and support can have a huge impact on carers' physical and mental health, with 61% of carers saying they have suffered physical ill health and 72% saying that they have suffered mental ill health as a result of their caring role.* Though, many people who provide such support may not actually identify as being a carer and therefore, many do not realise what support is available. This is why it is so important to raise awareness and ensure that carers get the support they need.

*National institute for health and care excellence & Carers UK 2018 survey



1 in 8 adults (around 6.5 million people) are carers in the UK



Carers are 7x more likely to report being often or always lonely compared to the general population



1/5 carers stop working in order to fulfil their caring role



Carers save the economy £132 billion per year, an average of £19,336 each

To find out more about carers week, head to carersweek.org

For more information and support for carers, see our signposting section

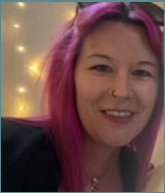


MEN'S HEALTH WEEK 13-19TH JUNE 2022: WELLNESS WEDNESDAY WEBINAR - MEN'S HEALTH MOT

This month's Wellness Wednesday Webinar from the ESS Nutrition & Wellbeing team will be focusing on all things men's health, from top to toe! Tune in on Wednesday 8th June at 14:30-15:00 to find out more information on mental health, heart disease in men and prostate cancer, as well as signposting to some fantastic resources. This is aimed at everyone – all men and everyone with a male friend, family member or work colleague! Click [HERE](#) to join the webinar.

WHO ARE OUR NEW MENTAL HEALTH FIRST AIDERS THIS MONTH AND WHAT DOES THIS MEAN TO THEM?

MEET OUR MENTAL HEALTH FIRST AIDERS



Jodie Carter

GREGGS SUPERVISOR
BROMPTON BARRACKS

It is important to me to be able to have a better understanding of mental health in order to be more supportive and understanding towards my team members. To be able to recognise signs that someone may not be feeling themselves and to be able to offer help straight away.



Scott Chisholm

CATERING MANAGER
CLYDE, SCOTLAND

Having struggled with my own mental health issues I understand how important it is to undertake those first steps to talk to someone and ask for support. If I can help be part of the positive process that helps any individual find a route to help then that's why I would like to become a mental health first aider.



Alicia Owens

CLEANING MANAGER
GIBRALTAR BARRACKS, SOUTH EAST

I want to be able to understand how to help and sign post others in the right direction when they need support.



Allison Dixon

SERVICE DELIVERY MANAGER
MOD GARATS HAY, LEICESTERSHIRE

I have always enjoyed supporting the site team and having recently completed a Level 2 Counselling Skills, the MHFA course will allow me to develop and improve on these new skills. I am looking forward to guiding and helping any team members who would like to talk in confidence.



Lesley Mason

RETAIL MANAGER
DEFENCE ACADEMY, SHRIVENHAM

I believe the wellbeing of my colleagues is very important to me, I feel that I have good listening skills as I am often approached by colleagues that want a listening ear. I have applied for the MHFA as I feel I could be that person that could be there for anyone and make a difference, whilst understanding.

SIGNPOSTING INFORMATION

MEN'S MENTAL HEALTH

For more information & support for Father's mental health, head to: **Dad's Matter UK**.

For more information & support for men's mental health, click **HERE**.

SUPPORT FOR CARERS

For more information & support for carers, head to: **Carers UK**.

OTHER SUPPORT

Support for current and former military personnel, contact the Royal British Legion Helpline: 080 8802 8080.

For peer support, you can access **Clic** - a free online community here to support everyone with their mental health.

For local mental health services and helplines, please visit Mind's useful contacts page by clicking **HERE**.



MENTAL HEALTH AT WORK COMMITMENT

ESS has signed up to the **Mental Health at Work Commitment** for employers who want to lead the way, drive change and declare publicly that mental health is a priority. The **six standards** making up the commitment are shown below.

Head over to the [HSE Website](#) to find out more.

1

Prioritise mental health in the workplace by developing and delivering a systematic programme of activity

2

Proactively ensure work design and organisational culture drive positive mental health outcomes

3

Promote an open culture around mental health

The six standards

4

Increase organisational confidence and capability

5

Provide mental health tools and support

6

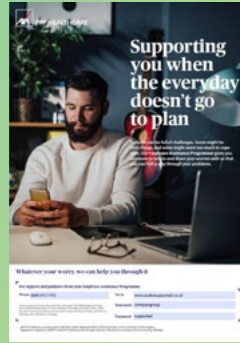
Increase transparency and accountability through internal and external reporting

**MENTAL
HEALTH
AT WORK**



EMPLOYEE ASSISTANCE PROGRAMME

Please click on the image to the right to see a reminder of the **Employee Assistance Programme** we currently have in place.



ASK YOUR MENTAL HEALTH FIRST AID SPECIALIST

HEALTHIER MIND

If you're interested in finding out more about Mental Health First Aider training send us an email.

We are qualified in Mental Health First Aid.



HARJEET MOORE
HEAD OF PEOPLE
ESS



EVAN JUDGE
SENIOR HSE MANAGER
DEFENCE AND
GOVERNMENT SERVICES



ALLAN ERRINGTON
HSEQ MANAGER
OFFSHORE

If you have any questions, or ideas on how we can improve how we support our people, please get in touch with any one of us directly.

If you need to seek support in mental health issues, please contact: **harjeet.moore@compass-group.co.uk** or on **07971 096905**

Don't forget your Wellness Team are also here to support you and are all trained in Mental Health First Aid. Ask them any health and wellbeing questions or raise any concerns. You can also book one of their tailored sessions to include mindfulness.

Get in touch with Harjeet by scanning the QR code



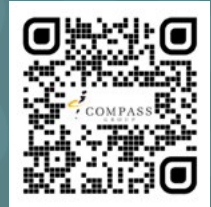
MENTAL HEALTH ON THE HSE WEBSITE

Click [HERE](#) to get to the Mental Health section! – make sure you're logged into Compass Connect.

You can find all our Mindful Moment Toolbox Talks and 'how to's' including 'how to sleep better', 'how to manage and reduce stress' and 'how to support mental health at work'...

YOU MATTER

As a reminder, we have some great resources through our YOU matter campaign which can be found on the learning portal. Click [HERE](#) to visit the You Matter Portal or scan the QR code below.



MINDFUL MOMENTS

Have you seen this month's Mindful Moment Toolbox Talk? This month we're discussing men's mental health. Drop us an email at ess.wellness@compass-group.co.uk if you'd like a copy sent directly to your email inbox each month.

WELLNESS RESOURCES

Our Nutrition and Wellbeing Team create monthly resources to help support your overall health and wellbeing relating to national and international initiatives.

Email ess.wellness@compass-group.co.uk to sign up for their monthly newsletters, find out about their monthly wellness webinars and Q&A surgery's. You can also find them across social media, search WeAreESS on YouTube and Instagram.

CLIC ADULTS MENTAL HEALTH SUPPORT

Clic is a free online community to support adults with their mental health. Clic's online chat room is there to connect people with others on the things that matter to them, wherever they are. Members can access a host of mental health information, tools, tips and resources to help people help themselves, as well as their carers, family and friends.

Clic is there for anyone 24/7 and is moderated so that anyone can find the support they need in a safe environment. Click [HERE](#) to visit Clic

