

HELLO...

AND WELCOME TO THE FEBRUARY HEALTHIER MIND NEWSLETTER.

This month we highlight multiple Healthier Mind campaigns: **Time to Talk Day**, **Eating Disorder Awareness Week**, **Random Acts of Kindness Day** and **Children's Mental Health Week**.

Our Healthier Mind Newsletter focuses on all things mental health and wellbeing. You'll be able to find who your newly trained first aiders are each month, as well as lots of hints, tips and resources to help you and your mental wellbeing.

Our **Mindful Moment and Toolbox Talk** this month gives you info on eating disorders and how to support others.

Read on to find out more...



MENTAL HEALTH AWARENESS: EATING DISORDERS



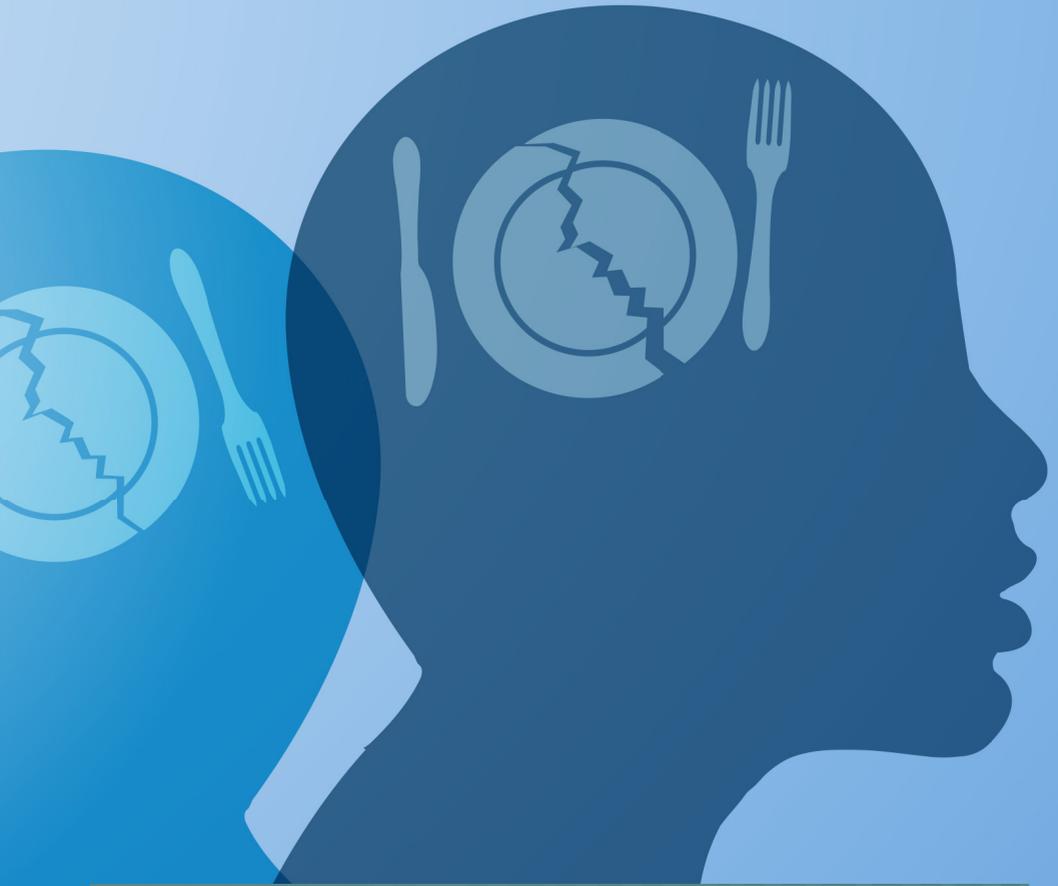
BEAT estimate Eating Disorders affect 1 in 50 people in the UK¹.

Although eating disorders may appear to be about food and weight, they are in fact driven by attempts to deal with underlying emotional and stress-related issues. They are not a choice; they are a serious mental illness which can be massively misunderstood.

There are many forms of eating disorders but they are typically associated with the development of unhealthy eating habits. An eating disorder can develop at any stage in your life and could be triggered by a variety of factors, including life circumstances and stress. These events can trigger certain eating habits such as reaching for high energy foods to act as a coping strategy, which in the short term give us that boost we are looking for. However, if we fall into a cycle of getting stressed or down and continue eating energy dense foods, it may easily spiral into an eating disorder.

Eating disorders could be classed as a form of self-harm a strategy used to cope, however in the long run can cause problems. They often co-exist with other mental health issues, in particular anxiety, depression, OCD, personality disorders or substance misuse.

If you are concerned about someone one you know, check out our **Mindful Moments Toolbox Talk** this month for information on how to support them.



FEBRUARY MINDFUL MOMENTS WEBINAR: EATING DISORDERS

HEALTHIER MIND



Click [HERE](#) to join us on Wednesday 23rd February at 13:30 where our live panel **Evan Judge** - Senior HSE Manager, **Harjeet Moore** - Head of People, **Katrina Francis** - Nutrition and Wellbeing Engagement Officer and our guest panellist **Scott Freeman** - Culinary Director, will be discussing some of the common eating disorders, warning signs and discussing what support is available.



Don't forget to also look out for our **Mindful Moments Toolbox Talk** this month which will equip you with lots of information and top tips!

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

MEET OUR MENTAL HEALTH FIRST AIDERS



Damian Scott

HOTEL AND RETAIL SERVICES – OPERATIONAL SUPPORT
HMNB CLYDE

I personally haven't ever suffered from any serious mental health issues; however, I know many people who have. I'd like to think that I was somewhat supportive to them at times but would really like to get a better understanding of how I can help and be more of a support tool for those who might be looking for someone to talk to.



Ian Collins

REGIONAL SUPPORT MANAGER
REGIONAL

I have suffered with mental health issues in the past and know how this can influence your day-to-day life and really want to be someone who can help others, so they do not have to struggle.



Gian Luca Ruggero

FACILITIES MANAGER
BEACHLEY BARRACKS, MAINDY BARRACKS

Leaders need to care for the physical and mental wellbeing of their teams, and you cannot lead effectively if you do not understand MH and comprehend the challenges it causes to the individual and the team alike.



Chris Minter

OPERATIONS DIRECTOR
GOVERNMENT SERVICES

I want to be able to support my team and to simply understand more on this important topic.



Rebecca Storey
SOFT FACILITIES MANAGER
RAF SCAMPTON

It is important that all our team feel safe and happy at work and home, and I would like to be there to help where I can.



Roma Aleksandrovic
TEAM LEADER
GOODENOUGH COLLEGE, LONDON HOUSE, ESS

I want to become a Mental Health First Aider so I can recognise the difference in my team if there are any issues which can be prevented, I also think it is important so we can deal with certain situations appropriately. It will help me to acknowledge a situation prior to it occurring and understand the difference in behaviour or state of mind.



Janet Perry
GENERAL MANAGER
GOODENOUGH COLLEGE

I want to become a Mental Health First Aider to gain a better understanding of mental health, so I can help support our team and others.

WHAT IS THE ROLE OF THE MENTAL HEALTH FIRST AIDER?

Please click on the image to the right for full details of the role of a **Mental Health First Aider**.

If you would like to find out more about who is trained in MHFA, head over to the HSE website [HERE](#) - make sure you're logged into Compass Connect first!



RANDOM ACTS OF KINDNESS DAY

What step will you take to brighten someone's day?

[#MakeKindnessTheNorm](#)

Living busy and hectic lifestyles can make us forget the importance of being kind, particularly to those who are closest to you – friends, family members or work colleagues.

Ideas on how to display kindness:

- **Be kind to your server in the coffee shop or cashier in the supermarket** – be polite, try to make eye contact, smile and ask how they are doing.
- **Reply or react to a post you enjoy on social media** – we all get into the habit of breezing past content but make the internet a positive and constructive place by showing you are grateful for the information.
- **Find out something new about a co-worker** – make an effort to be interested about a co-worker, ask them questions and make an effort to learn something new.
- **Choose local** – eating locally helps keep local business owners successful and farmers prosperous.
- **Write a message** – on a sticky note, post card or a text message to help brighten up someone's day.
- **Use a reusable water bottle** – let's not just be kind to people but the planet too!

For more ideas on how to show kindness, visit the **Random Acts of Kindness Foundation**:
<https://www.randomactsofkindness.org/kindness-ideas>

When the day ends, you don't have to stop being kind! Commit to doing one small act of kindness each day to help make kindness the norm.

TIME TO TALK DAY

Thursday 3rd February – **Time to Talk Day**, the nation's biggest mental health conversation.

Talking openly about mental health can feel daunting if we don't know how to get the conversation started. **Mind** and **Rethink Mental Illness** provide their tips to make sure you feel comfortable and approach the topic in a helpful way.

- 1. Ask questions and listen** – this allows the individual to express how they're feeling and what they are going through. Try to ask open questions such as 'how does that affect you?' or 'what does it feel like?' which are not leading or judgemental.
- 2. Think about the time and place** – did you know talking side by side can be easier than talking face to face? So, if you do talk in person, you might want to chat while you are doing something e.g. walking, cooking or in the car.
- 3. Don't try and fix it** – try to resist the urge to offer quick fixes to what they are going through. Just talking can be powerful, so unless they've asked for advice directly, it can be best to just listen.
- 4. Treat them the same** – if you want to support a friend or loved one once they have opened up about mental health, do the things you'd normally do.
- 5. Be patient** – no matter how hard to try, some people might not be ready to talk about what they're going through. The fact you've tried to talk to them about it may make it easier for them to open up another time.

If they are not yet ready to talk, remember there are other things you can do to support:

- Find things in your community to get involved in together.
- Send a text to let them know you're thinking of them.
- Offer to help with day-to-day tasks.

Conversations have the power to change lives.

CHILDREN'S MENTAL HEALTH WEEK

We mustn't forget about our little ones and how they can experience poor mental health too.

Children's Mental Health Week highlights they may feel confused or concerned about things and encourages us to talk to them and help them to grow.

Time to Talk Day also encourages us to talk to young people about mental health and getting the conversation started which helps to support Children's Mental Health Week.

They recommend using these statements to get young children thinking and talking about mental health. Make it active by writing 'True' on a sheet of paper and 'False' on another and put them at different ends of the room. Read each statement aloud and ask them to choose the True or False sheet.

Once they have made their choice you can read the answer and reason.

STATEMENT	TRUE / FALSE	REASON
Young people don't experience mental health problems.	FALSE	Young people and adults both experience mental health problems. Many issues start from a very young age.
1 in 10 young people experience a mental health problem.	TRUE	There is a chance that you know someone who is experiencing a mental health problem.
There is nothing I can do to help somebody with a mental health problem.	FALSE	You can help a friend with a mental health problem by checking up on them, spending time with them and listening to them without judging them.
Most people who are worried about their mental health go and see a doctor.	FALSE	In fact only 4% of young people visit their doctor to get help with their mental health.
Mental health is just like physical health.	TRUE	Like physical health, mental health can get better and it can get worse. Look after it by connecting with people, keeping active, taking notice of things around you, learning new things and giving to others.
Many different people can help you with your mental problem.	TRUE	You can speak to a teacher, parent, carer, a health professional or someone you trust in your community.
Someone with a mental health problem can never get better.	FALSE	Anyone with a mental health problem can make a full recovery and feel better. All they need is help and support.
It is okay to describe somebody with a mental health problem as 'crazy', 'weird', 'odd' or 'mad'.	FALSE	This is not the right way to refer to someone with a mental health problem as it might make them feel worse. It is better to say that they have 'a mental health problem', or to use a specific term like 'depressed', if you know what the problem is.

PARENTING HUB

The pandemic has had a disproportionate impact on young people with studies pointing to increased levels of distress, worry and anxiety. So, mental health UK has launched the **Parenting Hub**.

The Parenting Hub is our new online community for parents and carers to get information and access to peer support. It will:

- Provide a safe environment for parents to share experiences, support each other and access expert advice.
- Provide resources for parents to learn about mental health and how to better support their children.
- Build parents' confidence to have supportive conversations and talk about mental health.

The Parenting Hub will be moderated 24/7 by our trained experts so parents and carers feel safe and supported to talk about their children's wellbeing through our Chat and Forum spaces.

We will host bi-monthly Q&A sessions with expert panels on topics related to young people's mental health including social media and managing exam stress. The site will also include resources with practical information and guidance for parents and carers on what to do if they are concerned about their young person's mental health.

You can sign up to the Parenting Hub **HERE** today and become part of our community of parents and carers, to be there for the young people in your lives.



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

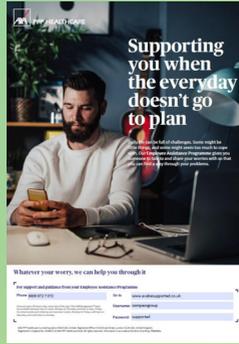
Increase transparency and accountability through internal and external reporting

**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.

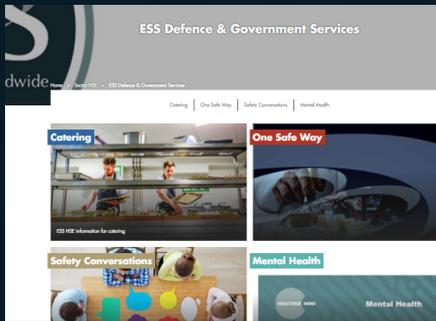
Get in touch with Harjeet by scanning the QR code



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 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'...



MINDFUL MOMENTS

Have you seen this month's Mindful Moments Toolbox Talk? This month we're discussing eating disorders. 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.

MINDFUL MOMENTS

FEBRUARY: EATING DISORDERS

Introduction

Eating disorders are not only categorized by the number on the scales but mental symptoms that also thought, feeling and behaviour patterns.

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How can an eating disorder affect you?

Eating disorders are not just about food, they can affect almost every aspect of your life. They can affect your physical, emotional and mental health.

How can I help others?

It is important to not have charge, but instead offer support and make them aware that their concerns are valid. If you are not sure what the person is not trying to do, it is better to offer them support. Please them, they are often afraid of their own and concerns and they want them to be happy. There are options for professional help and encourage other support.

Support Available

- You GP can help diagnose and refer you.
- GP can refer you to eating disorder services, including dietitians, therapists, and support groups.
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Self-Care Tips to help live or recover from an eating disorder

- Seek support - talk to your GP, people you trust and look for online or face-to-face peer groups.
- Learn how to manage relapses - most people have setbacks in their recovery. It's a good idea to be aware of situations and warning signs that may lead to these.
- Change unhealthy routines - try and break yourself by doing something like a hobby after eating.
- Be open and online - comparing your body to others especially on social media can trigger some problematic thoughts.

Don't forget you can contact or talk to our ESS hub from our wellbeing specialist: ess.wellness@compass-group.co.uk

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.



YOU MATTER

Many of us will experience mental health challenges at some point in our lives. Here @ Compass we understand this and want to let you know that you matter to us. Our commitment is to create...

- Positive working environments -
- Openness and acceptance of mental health issues -
- Teams who look out for each other -

To learn about how we can work together to achieve our goals visit our **You Matter** page by scanning the below

You Matter

If you need any support, even just someone to talk to, please call our Employee Assistance Programme who will provide everything from counselling services to financial guidance. It's free, confidential and it's 24/7.

+44 (0) 800 072 7072
www.essentialsupport.co.uk

Username: compassgroup
Password: supported

EVAN TALKS

Senior HSE Manager, **Evan Judge**, launched his own podcast, Evan Talks, in 2019.

If you would like to hear more about Evan's own journey with mental health or listen to other stories of real people working through their own journeys, visit the podcast website **HERE** or search Evan Talks on your preferred podcast provider platform.

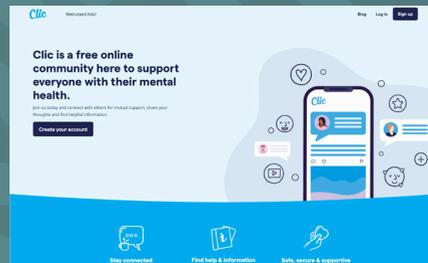


WELLNESS RESOURCES

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.

