

HELLO...

AND WELCOME TO OUR MAY HEALTHIER MIND NEWSLETTER

This month we highlight key Healthier Mind campaigns: **Mental Health Awareness Week** (MHAW), **Maternal Mental Health Awareness Week** and **Economic Abuse Awareness**. A key theme across the campaigns this month is the importance of connecting with people. Taking time to connect with others is not only fun and a great way to feel part of a community but it can also boost our overall health and wellbeing.

Our Healthier Mind Newsletter is bursting full of hints, tips and resources to support your mental wellbeing.

This month, in our Mindful Moment Toolbox Talk, we discuss Loneliness in a Digital World.

Read on to find out more...

Harjeet Moore

Head of People



MENTAL HEALTH AWARENESS WEEK

9th-15th May 2022

The theme of Mental Health Awareness Week (MHAW) 2022 was Loneliness. Loneliness is affecting more and more of us in the UK and it has had a huge impact on our mental wellbeing during the pandemic. The Office for National Statistics found that up to 3.7 million adults were experiencing chronic loneliness at the beginning of 2021, with 30.9% of people whose wellbeing was negatively affected during lockdown, saying that loneliness was a factor. The pandemic has shone a spotlight on loneliness and just how important our connection to other people and our community is in protecting our mental & physical health. We can all play a part in trying to create a more connected society and workplace.



Here are just some of the things that we can all do to try and create a more connected workplace:

Take time to catch up:

We are all so busy that at times it can feel hard to find the time to schedule in a quick coffee or a video call just to check in and see how our colleagues are doing but when you can, try to make this a priority each week. Prevention is always better than cure.

Don't be afraid to start the conversation:

Sometimes it can feel hard to bring up sensitive or personal topics but those times when we do, we often are able to have much more meaningful conversations with those around us. Try to get into the habit of asking 'How are you, really?' and making a point of always checking in about mental & physical health during catch ups with your colleagues.

Be open:

Often people are afraid to open up to others or share their true feelings, out of fear of being judged. This can be especially difficult when it comes to the workplace. If we feel comfortable to do so, sharing our own feelings or struggles with our colleagues may help open the door for others to do the same.

Throughout MHAW, the ESS nutrition & wellbeing team raised awareness of the impact loneliness has on our mental wellbeing and the practical steps we can take to address it.

During the week, the team released daily content including YouTube videos, live panel discussions, daily Instagram posts and more wellness resources focused on a variety of topics aimed at supporting your mental wellbeing and reducing loneliness.

Please check out the schedule below if you would like to catch up on the MHAW 2022 content:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TOPIC	MENTAL HEALTH STIGMA	MOVE FOR YOUR MIND	LONELINESS	DISCONNECT TO CONNECT	BOUNDARIES FOR A HEALTHY WORK-LIFE BALANCE
WELLNESS RESOURCES	 YouTube Video on mental health stigma, discrimination and bias	 YouTube Video on Mindful Movement	 YouTube LIVE PANEL DISCUSSION: LONELINESS Catch up on our YouTube channel	 YouTube MINDFUL MOMENT TOOLBOX TALK Loneliness in a digital world	 YouTube Video on boundaries and work-life balance
	 Instagram post	 Instagram post	 Instagram post	 Instagram post	 Instagram post
DAILY CHALLENGE	Help to break down barriers by sharing our video on social media or discussing the topic with a friend or family member	Make a plan to take part in some form of movement, simply because you enjoy it. Don't forget to leave your exercise trackers at home so you can move mindfully!	Prioritise some time to book in a quick Team's call or meet-up in person with a colleague just to check-in and have a catch up- no work talk allowed!	Take time to think about how you can better disconnect to connect. This could be having one phone free day a week, or making sure to switch all screens off whilst eating dinner. Set yourself a realistic goal for the coming week.	After watching the YouTube video, take 5 minutes to come up with one boundary that will help you moving forward. We recommend writing this down on a sticky note so you don't forget to use it.

For more information on Loneliness & MHAW 2022, head to the [Mental Health Foundation](#) website.

MATERNAL MENTAL HEALTH AWARENESS WEEK: THE POWER OF CONNECTION

2nd-8th May

Maternal Mental Health Awareness Week is a week-long campaign dedicated to talking about mental health problems during and after pregnancy. The week is organised and led by Perinatal Mental Health Partnership UK who launched the first UK Maternal Mental Health Awareness Week back in 2014. To find out more about maternal mental health week, click [HERE](#).

WHAT IS MATERNAL MENTAL HEALTH?

Maternal mental health refers to a woman's mental health during pregnancy and the first years after birth (also often called the perinatal period). This includes mental illness that existed before pregnancy, as well as illnesses that develop for the first time or are exacerbated in the perinatal period. Examples of maternal mental health problems include pre and post-natal depression, anxiety, obsessive compulsive disorder, postpartum psychosis and post-traumatic stress disorder (PTSD). These conditions can range from mild to severe. Untreated maternal mental health problems have a wide range of effects on the mental and physical health of women, their babies, partners and loved ones, meaning that the current lack of support is a major public health concern.

If you know someone who has recently been pregnant, lost a child or given birth, consider checking in to see how they are doing. So many of us are affected by mental health struggles around this time in life, yet it still isn't talked about enough. The more we talk openly about maternal mental health, the more we can break down the stigma and encourage more people to reach out for support.

WHAT ARE THE IMPACTS OF MATERNAL MENTAL HEALTH IN THE UK?*

1. Around 1 in 5 women experience a mental health problem during pregnancy or within the early postnatal years.
2. 70% will hide or underplay their illness.
3. Suicide is the leading cause of direct maternal death within a year of having a baby.



AROUND 1 IN 5 WOMEN EXPERIENCE A MATERNAL MENTAL HEALTH PROBLEM



*[Maternal Mental Health Alliance](#)

For more information, resources and support, head to our signposting section. [#MaternalMHMatters](#)

ECONOMIC ABUSE AWARENESS

In recent times, awareness of economic abuse is increasing, largely due to international popularity of docu-series such as the 'Tinder Swindler'. Although many of us may have heard of economic abuse for the first time recently, unfortunately this type of abuse is not new. In fact, economic abuse is legally recognised as a form of domestic abuse.

SO, WHAT EXACTLY IS ECONOMIC ABUSE?

More often than not, it occurs in the context of intimate partner violence, and it is typically done to control a current or former partner's finances, and as a result, much of their life.

Often economic abuse can include exerting control over a person's income, working hours, bank accounts, bills and loans. Because of this, it can have serious financial consequences which can affect a person's life long-term, including limiting access to property and increasing a person's risk of homelessness. Not only this but, economic abuse can also make it incredibly difficult to stay connected with friends and family or maintain employment as the individual

experiencing abuse may not be able to freely access transport, technology, clothing or food. Due to the nature of this type of abuse, the victim can become completely dependent on the abuser and therefore, unable to escape the relationship.

WHO IS AFFECTED BY ECONOMIC ABUSE?

It's important to note that economic abuse rarely happens in isolation, with around 95% of domestic abuse cases involving some form of economic abuse. Economic abuse can happen to anyone.

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According to the Financial Conduct Authority in 2021, **One in five women** and **one in seven men** has suffered some form of financial abuse typically at the hands of their partner.



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

SIGNPOSTING INFORMATION

ECONOMIC & DOMESTIC ABUSE

For more information and support options for domestic abuse from the NHS, click [HERE](#).

For more information and support around economic abuse, head to [Surviving Economic Abuse](#).

MATERNAL MENTAL HEALTH SUPPORT

Whether you're navigating fertility, pregnancy, motherhood or menopause, **Peanut** is a safe space to ask questions, find support and connect with other women.

For more resources & support around maternal mental health, click [HERE](#).

OTHER SUPPORT

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

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 loneliness in a digital world. 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

