

Applied Mental Health *Activity 3*

Supporting and promoting Mental Health and Wellbeing in organisations links to how organisations provide initiatives to support and promote mental health and well-being.

Objective: To understand how organisations support mental health and investigate workplaces and their initiatives.

Choose ONE organisation, company or workplace and investigate:

- how they support employee wellbeing
- mental health policies or campaigns
- support available for staff
- why wellbeing matters in the workplace
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Examples:

- NHS
- Google
- schools/colleges
- sports organisations
- supermarkets
- charities
- emergency services

Questions to Explore

1. Why is mental health important in the workplace?
2. What wellbeing strategies are used?
3. How could poor mental health affect employees and organisations?
4. How does the organisation reduce stigma?
5. What improvements could be made?