**Mental Health Awareness Week (May 2017) – warmer discussion task for VT areas**

Task 1:

Elicit from learners the common areas for H&S in the workplace and their current vocational setting/course.

Task 2:

Write up 3 facts:

**1 in 4 people**

**1 in 6 workers**

**90% of people**

Elicit from the group what they think these stats are about?

Inform learners that these are all stats about mental health. May is mental health awareness week.

Show full flash cards.

Task 3:

Discussion – does anything surprise them? What things would help relieve stress in the work place?

Elicit from small groups/pairs. What ways can stress be reduced in the workplace?

**Key strategies include:**

* **Appropriate workload for the job role (see page 7 Mind)**
* **Reasonable deadlines and targets**
* **Reduction in repetitive duties**
* **Suitable working environment**
* **Employee engagement in workload**
* **Ability to express concerns (importance of 121s/appraisals etc)**
* **Support for training and development**

In what ways does the course do these things listed? Reference back to general H&S at Work Act and also PPE standards and Novus ILPs.

Show Mind (mental health charity poster and page 8 handbook and top tips for good mental health in the workplace for employers/managers. Do they agree with these?

Note: If learner discloses refer to local NHS partners.

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| 1 in 4 people will suffer from poor mental health in their lifetime. |
| 1 in 6 workers experience work stress, anxiety or depression. |
| 90% of people with mental health problems face discrimination. |