



Addressing the Stigma and Prejudice to Mental Health

Lesley Bailey & Angela Garrard

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Mindful Employer Key Principles

- ✓ By Employers, For Employers
- ✓ Good Practices not 'Great Promises'
- ✓ Adapted and Adopted
- ✓ Safe People not Scary Places



Mindful Employer is not a target or a policy to implement!

- ✓ Shows employees and others that you are a good employer,
- ✓ Expresses corporate social responsibility, reduces recruitment and training costs,
- ✓ Helps towards complying with legislation,
- ✓ Reduces sickness levels,
- ✓ Enhances customer service,
- ✓ Improves productivity,
- ✓ Makes your company more attractive to people with mental health issues and others,
- ✓ Helps retain staff who have experienced discrimination in the past -
Makes a healthier workplace.



Aims of the Mental Health First Aid course

- To preserve life where a person may be a danger to themselves or others
- To provide help to prevent the mental health problem developing into a more serious state
- To promote the recovery of good mental health
- To provide comfort to a person experiencing a mental health problem
- To raise awareness of mental health issues in the community
- To reduce stigma and discrimination





Lesley Bailey
Development Manager
Mental Health Progressive Services
National Mental Health First Aid Trainer
(EoE)

Mobile: 07908 616149

Direct Line: 01245 608307

lesley.bailey@interact.org.uk

InterAct Ltd
Moulsham Mill
Parkway
Chelmsford
Essex
CM2 7PX

Angela Garrard
Mental Health Specialist
Health Improvement Services
MHFA Approved Instructor

Direct Line: 01268 464575

angela.garrard@see-pct.nhs.uk

NHS SE Essex
12 Castle Road
Rayleigh
Essex
SS6 7QF

