

Lets end mental health discrimination and stigma in the workplace across Wales

At Time to Change Wales (TTCW) we know that businesses (large and small) rely on having a health and productive workforce. Conditions like anxiety, depression and unmanageable stress are experienced by one in six British workers each year. While work related mental ill-health is costing businesses up to £26 billion due to staff turnover, unproductive workforce and lost working days due to mental ill health.

This toolkit has been created to help you get people talking about mental health and challenge stigma in your workplace and local community. You will find enclosed:

- Information sheets - information about the campaign and talking about mental health for you to use on your website, staff intranet or in newsletters, as well as tips and suggestions for anti-stigma activities.
- Campaign images - images from our current campaign in web and print resolutions. If you would like campaign artwork to produce posters etc please visit our website or email helenrobinson@gofal.org.uk
- Digital assets - email banners, social media cover photos and avatars
- Our 'we're supporting Time to Change Wales' logos
- Our leaflets - if you'd like printable versions please email helenrobinson@gofal.org.uk
- TTCW messaging guide
- Template press release

You can also download photographs and graphics from our Flickr site: www.flickr.com/ttcwales

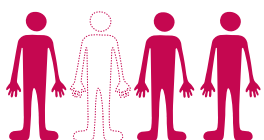
If you haven't already, please consider registering for the Time to Change Wales Organisational Pledge via our website. The pledge is a public statement of your aspiration to tackle mental health stigma and discrimination in the workplace. It isn't a quality mark, accreditation or endorsement. There is no test or application. Your organisation just needs to commit to taking action that are realistic and right for your organisation.

We look forward to working in partnership with you.

Regards

Antony Metcalfe
Programme Manager

It's time to talk about mental health.



Mental health problems
affect 1 in 4 people

9 in 10

9 in 10 people with mental illness
experience stigma and discrimination