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Supporting Mental Health in the Workplace

Supporting Mental Health in the Workplace

5th March 2020, London | 16th July 2020, Manchester

Mental ill health is estimated to **cost the UK economy** between **£90-100bn per year**. With mental health issues affecting **one in four adults in the UK** and 1 in 6 people experiencing a common mental health problem in the last week alone, the implications for businesses are indisputable. Mental health is the **third most significant cause of sick leave** in UK workplaces, with wide **ramifications for employee engagement and staff turnover**.

Steps must be taken to support staff and counteract loss of productivity. The Mental Health Foundation estimates that policies addressing wellbeing at work **increase productivity by as much as 12%**. These policies are often simple, related to **removing stigma, encouraging open conversations**, and **ensuring that mental health is a workplace priority**.

Join us for our '**Supporting Mental Health in the Workplace**' event, where you will be equipped with the skills and insights needed to ensure that mental health is better accommodated in your workplace. Receive **actionable advice** and **best practice** from **seasoned experts**, and ultimately

learn how to create positive change in your organisation.

Key speakers:

- **Abigail Hirshman**, *Head of Mental Health and Wellbeing, ACAS*
- **Emma Mamo**, *Head of Workplace Wellbeing, Mind*
- **Leatham Green**, *Founder, Mindful HR*
- **Mark Hashimi**, *Director, Strategic Wellbeing and Senior Consultant, Mind*
- **Suzanne Pangbourne**, *Head of HR, Network Rail*
- **Yvonne Murray**, *Head of HR, St Johns Ambulance*
- **Damien Shieber**, *Head of Culture and Inclusion, Santander*
- **Luke Roberts**, *Managing Director, Resolve Consultants*

Why attend?

- Learn how to support and protect your colleagues and tackle mental health in the workplace
- Bring new ideas on staff wellbeing back to your organisation and learn to put them in practise
- Hear from leading figures in mental health
- Earn a CPD certificate for your personal progression
- Enjoy an opportunity to network with top speakers and fellow colleagues

Who should attend?

Anyone with an interest in improving mental health in the workplace, including: employers; HR managers/officers; wellbeing officers; health & safety officers; consultants; health services providers; trade unions and representative groups.

The event is **CPD certified**, and a certificate is available to confirm your attendance.

Dates and locations:

Supporting Mental Health in the Workplace | London | 5th March 2020

[Register now](#) ^[1]

Supporting Mental Health in the Workplace | Manchester | 16th July 2020

*Early bird discount available until Friday 27th March

[Register now](#) ^[2]

For queries regarding registration please contact:

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Agenda:

Source URL: <https://diverseworkforceseries.dods.co.uk/supporting-mental-health-workplace>

Links

[1] <https://www.eventsforce.net/dods/8141/register>

[2] <https://www.eventsforce.net/dods/8283/register>

[3] <mailto:conference.admin@dodsgroup.com>