



AWARE - working with you to support mental health in the workplace

With 1 in 4 of the population experiencing a mental health condition at some point in life, choosing AWARE as your charity partner is an ideal way for an organisation to demonstrate that you are championing the mental health and wellbeing of your employees, while supporting a very worthy cause.

AWARE can prioritise your business needs through the delivery of our wellbeing programmes to key staff within your business. The programmes give participants the knowledge and skills to use in their everyday lives to help **IMPROVE** general wellbeing, **COPE** with stressful events and **REDUCE** their chances of developing a mental health problem.

“ AWARE has tailored and delivered wellbeing programmes for the Union’s members, staff and elected representatives. These have been really positive and well received. A partnership with AWARE is a great initiative for any organisation. We highly recommend it. ”

Financial Services Union

Mental Health in the UK

TODAY



9 OUT OF 10 people with mental health problems experience stigma and discrimination

THE BIG PICTURE



Anxiety and depression is the most common mental disorder



1 IN 4

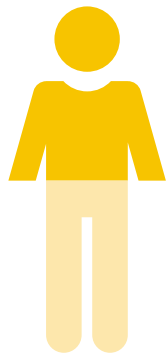
people will experience some kind of mental health problem each year

THE COST TO UK BUSINESS



1 IN 5

people take a day off work due to stress



LESS THAN HALF

of employees said they would be able to talk openly with their line manager if they were suffering from stress

70 MILLION

working days are lost each year due to mental ill health, costing Britain annually £70-100bn

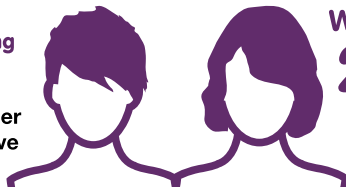


THE GENDER AND AGE DIVIDE

37%

of men are feeling worried or low.

Yet their wives, partners, other relatives and friends may have no idea there's a problem.



Women are between 20 & 40%

more likely than men to develop a mental health disorder.

People aged between 20-49 make up

71%

of referrals for counselling (with those in their 20s making the largest numbers)

Overall prevalence of mental health conditions in Northern Ireland is up to 25% higher compared to England

AWARE offer a range of services

Mood Matters in the Workplace

The AWARE Mood Matters in the Workplace programme is a mental health awareness programme for employees and is delivered onsite in workplaces. The programme content can be tailored to suit the needs of individual employees and normally lasts between one and two hours. The programme helps participants to look after their mental health at work and in their home lives.

Mental Health First Aid

First aid as we know it, is the help given to an injured person before medical treatment can be obtained. Mental Health First Aid (MHFA) differs only in that it is the help provided to a person developing a mental health problem or who is in a mental health crisis. The first aid is given until appropriate professional treatment is received or until the crisis is resolved.

Mindfulness in the Workplace

People often spend time worrying about the past and feel anxious about the future. Mindfulness is proven to reduce stress and anxiety by encouraging focus, creativity and resilience. It is an evidence based practice that is increasingly used in the workplace to reduce absenteeism, stress and burnout and increase the emotional resilience of staff.

Health and Wellbeing Days

These are a fun and engaging way to promote healthy lifestyle behaviours for your staff. Whether helping your employees with existing problems or providing them with a 'taster' of ongoing AWARE services - our wellbeing days can be fun, interactive, informative and most of all effective.

Choosing AWARE as your charity partner

In partnering with AWARE, there is an increased public awareness of your organisation's social beliefs and values, improving overall employee engagement, satisfaction and productivity.

Help us to provide even more support

£15 could pay for one young person to be educated in understanding what depression is and what the symptoms are through our Mood Matters programme delivered to them in school. Early diagnosis can lead to a full recovery.

£50 allows us to go into communities to provide awareness raising sessions to promote mental fitness.

£100/£200 could run one of our support groups for a week.



THE WORLD HEALTH ORGANISATION STATES THAT **DEPRESSION IS** THE LEADING CAUSE OF DISABILITY WORLDWIDE

“IKEA co-workers chose AWARE as their charity partner as they wanted to support a local based charity. Working with AWARE has given us opportunities to promote mental wellbeing not just as an employer, but also at the same time to many customers through holding AWARE information days.”

IKEA Belfast

“We brought in AWARE to offer Mindfulness at Work as part of our commitment to promoting, not only the physical but also emotional wellbeing of employees. Employees have now adopted this practice as part of their daily schedule, remembering to take time to stop and breathe.”

Smet Building Products

Visit www.aware-ni.org

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Call Us 028 9035 7820 or 028 7126 0602

AWARE
OVERCOMING DEPRESSION.
CHANGING LIVES.