



About Jonathan's Voice

www.jonathansvoice.org.uk



Our mission

- ▶ To open up the conversation about mental health in the workplace and to provide resources to organisations and individuals in order to support good mental health so all may thrive.
- ▶ Most importantly, we want to break down the stigma which prevents people from opening up about their mental health and give people the skills and confidence to know how to respond.

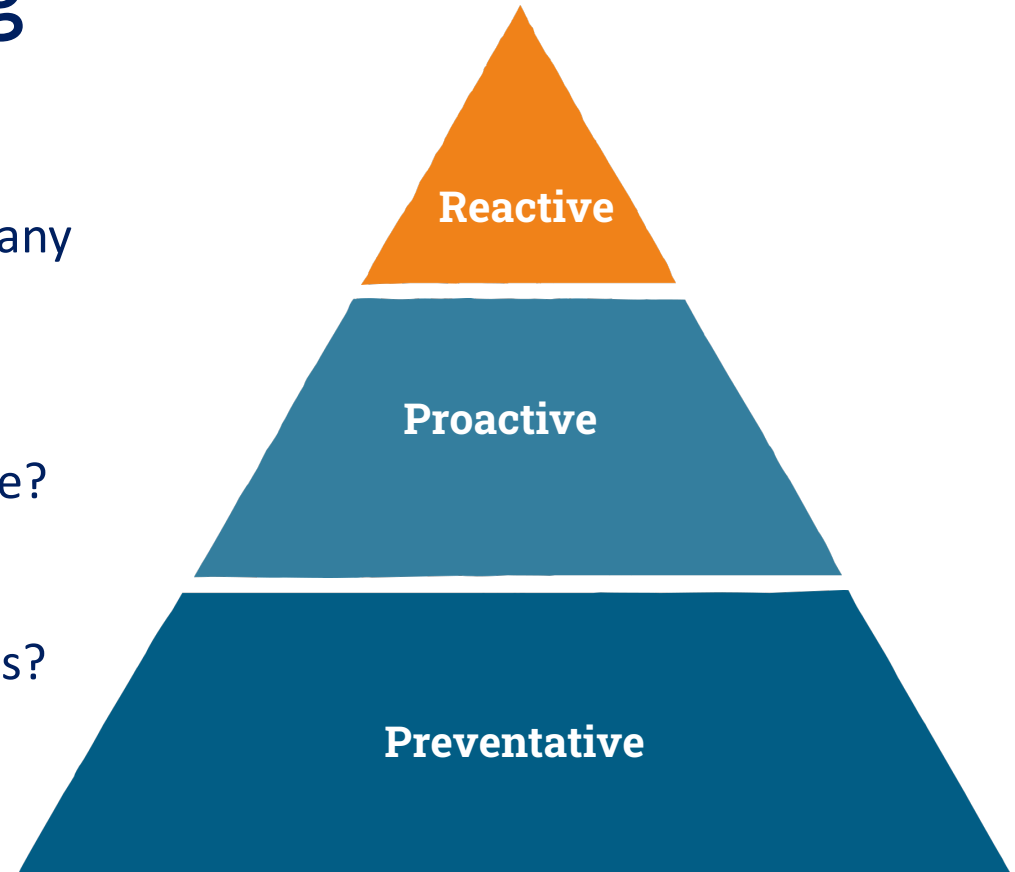




Whole organisation approach to staff wellbeing

Need to be clear about aims of any initiative

- ▶ What do you hope to achieve?
- ▶ What problems will it solve?
- ▶ How do you measure success?





How do we help with this?

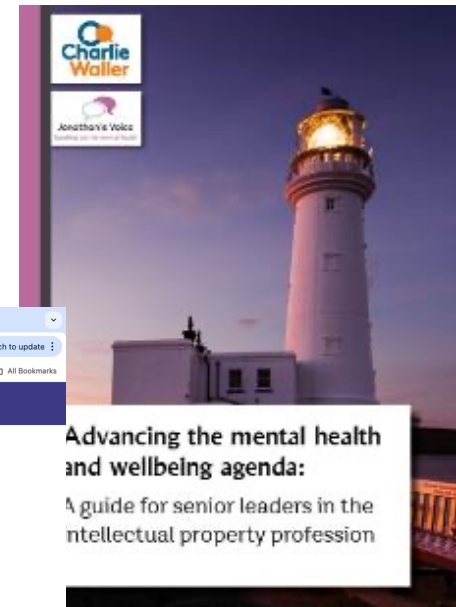
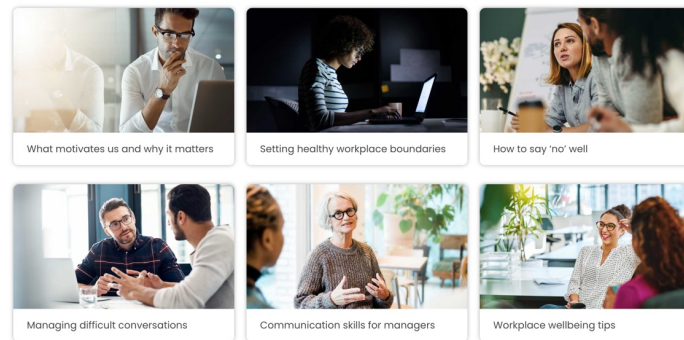
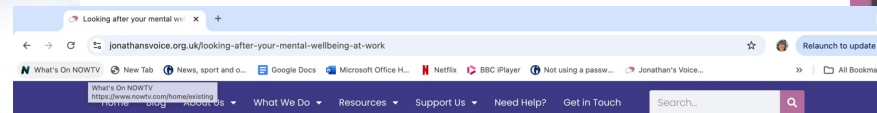
- ▶ Deliver training and workshops on a variety of topics both online and in-person, including skills training for managers. We will always tailor these to your needs so completely relevant to your company
- ▶ Range of guides and resources on our website
- ▶ Everything free at point of delivery BUT we do depend on fundraising and donations



Jonathan's Voice
Speaking out for mental health

Our guides and resources

All available to download from <https://jonathansvoice.org.uk/resources-2>

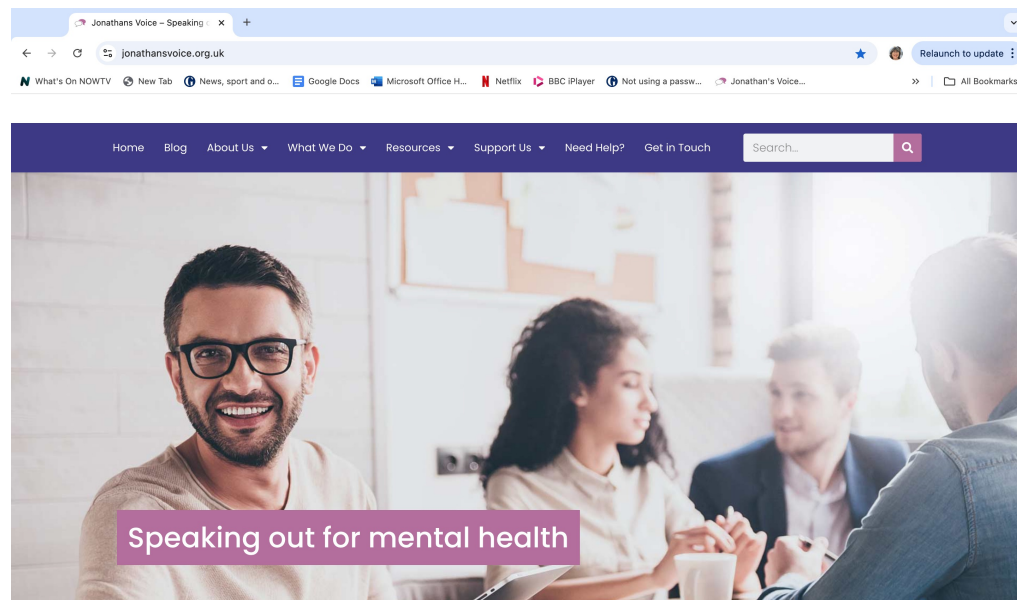




Jonathan's Voice
Speaking out for mental health

Find out more about us

- ▶ Visit our website: www.jonathansvoice.org.uk
- ▶ Email us: info@jonathansvoice.org.uk
- ▶ Follow us on LinkedIn
<https://uk.linkedin.com/company/jonathan-s-voice>
- ▶ Donate: <https://jonathansvoice.org.uk/donate>





Where you can get help

- ▶ GP or practice nurse, especially if for physical symptoms that need checking out; **in an emergency call 111, 999 or go to A & E**
- ▶ Your manager or HR
- ▶ Mental Health first aider or champion
- ▶ Counselling, Employee Assistance Programme, if you have one
- ▶ Hub of hope <https://hubofhope.co.uk/>
- ▶ For student members of CIPA, there's also the Informals' MHFAer support line via informalswelfare@gmail.com (see <https://yellowsheet.wordpress.com/access-to-mental-health-first-aiders-and-support-helplines/>).
- ▶ LawCare <https://www.lawcare.org.uk/> 0800 279 6888
- ▶ Samaritans <https://www.samaritans.org/> 116 123
- ▶ Calmzone <https://www.thecalmzone.net/> 0800 585858