



# Managing Mental Health in the Workplace

Clotworthy House  
Antrim  
26 March 2015  
09.30-13.00

For more information and contact details:

[www.amh.org.uk/services/amh-works](http://www.amh.org.uk/services/amh-works)

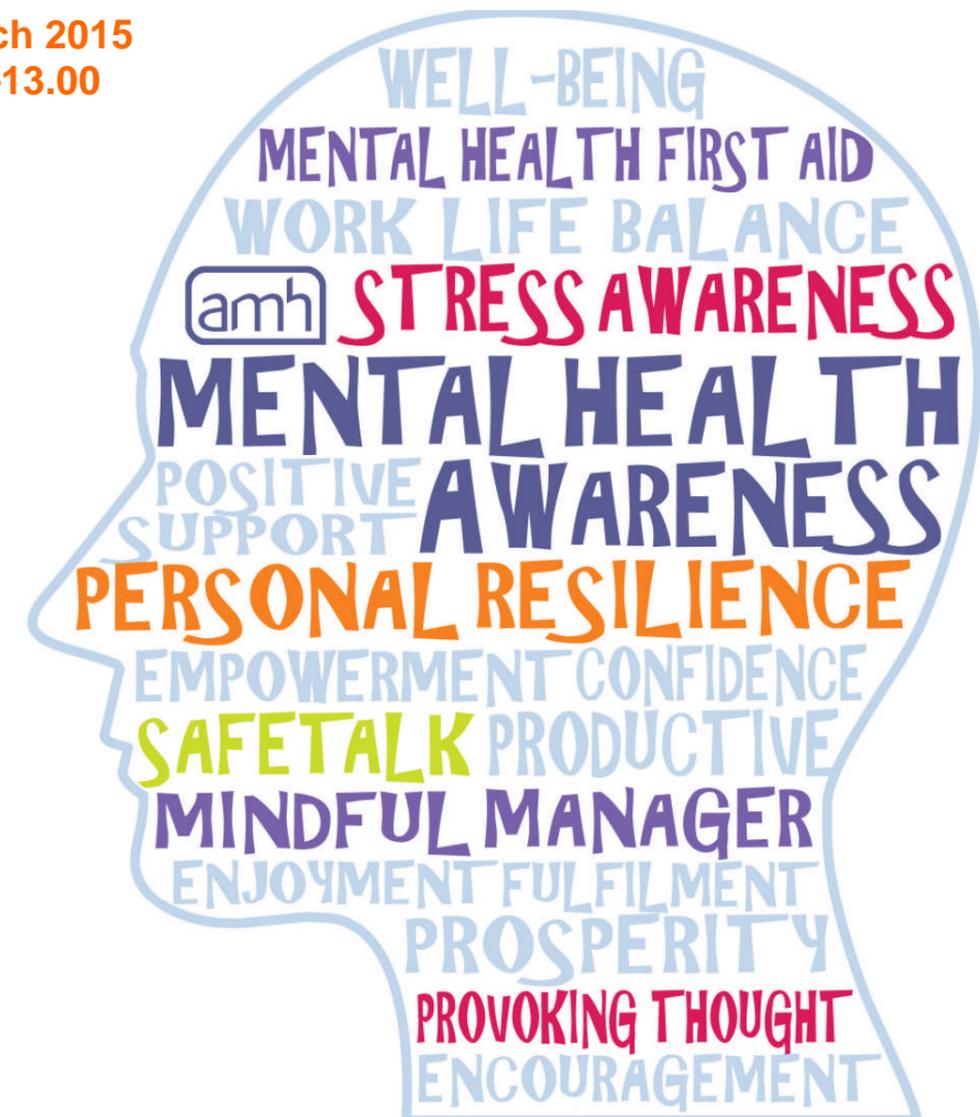
E : [amhworks@amh.org.uk](mailto:amhworks@amh.org.uk)



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Castle Gardens Antrim

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@amhworks



Supporting Healthy, Resilient Workplaces

## Supporting Healthy, Resilient Workplaces

Approximately 1 in 20 people in work will develop a diagnosable mental illness as a result of work related stress. In 2011, mental ill health cost the Northern Ireland economy £790 million which equates to £937 per person who works here.

AMH Works continue their series of free to attend seminars, providing managers and local business owners in Antrim with an insight into best practice in the delivery of wellness and support programmes in the workplace to create a culture enabling staff to remain productive.

AMH Works in partnership with Business in the Community's Champions Group has developed a Mental Health Toolkit for Managers. The toolkit has been designed to support managers dealing with mental ill health in the work place and offers practical advice and guidance including starting a conversation around this often sensitive issue. This toolkit, launched to attendees at this seminar, will prove a valuable resource for managers and business owners who value employee's mental health and want to take positive steps to looking after staff wellbeing.

Delivered in partnership with The Big Lottery Awards of All fund, these events showcase local businesses and the work they have been doing to better support employees who have developed, or are at risk of developing, a mental health issue.

Corporate resilience is essential for business and services to survive and grow. To strengthen corporate resilience requires strengthening the resilience of the workforce, together with ensuring the cultural environment clearly links the wellbeing of individuals to their performance and the performance of the organization as a whole.

## AMH Works

AMH Works provides quality Mental Health training programmes for employers to support healthy, resilient workplaces.

AMH Works also develops the skills and learning required to effectively manage employee mental wellbeing in the workplace.

## Conference Chair



**Barry Turley** is one of Northern Ireland's leading PR and Public Affairs Consultants, with twenty years experience representing clients across the business, voluntary and community, digital and agri-food sectors.

## Speakers



**Patricia Harte** began working with AMH in June 2013 and is responsible for the development and delivery of mental health awareness workshops and training programmes in a wide range of settings and environments including schools, workplaces and community groups.



**Tanya Kennedy** has been the Director of the Workplace 20:20 campaign at Business in the Community for seven years and has just recently started her own consultancy business, focusing on employee engagement and building healthy cultures. Tanya has worked in public, private and third sector organisations including Invest NI, PSNI, Action for Children.



**Laura Hourican** – Head of Human Resource UK & Ireland, has been a senior member of the Leadership team at Firstsource Solutions for the past 8 years. Laura has over 18 years management experience with 12 specialising in Human Resources. She is responsible for setting the strategic direction across 7 delivery centres in the UK & Ireland, employing 4000 staff and has a passion for employee wellbeing. Laura sits on the Business in the Community Workplace 20:20 board and is newly elected to NIUSE board.



**Grainne O'Kane**, DGM – Human Resources. Grainne has over 15 years experience in HR including the last 8.5 years as head of operational HR including recruitment across the UK. She is a specialist in employee relations, employee engagement and specialised recruitment



# Mental Health in the Workplace

09.00	Registration, Tea & Coffee
09.30	Welcome & Opening Remarks Barry Turley, Turley PR and Public Affairs
09.40	Patricia Harte AMH Works
10.05	Tanya Kennedy Business In The Community
10.35	Tea Break
10.50	Laura Hourican & Grainne O'Kane First Source
11.30	Award Presentation & Launch of Toolkit
11.40	Questions & Answers
12.00	Closing Remarks
12.05	Lunch
13.00	End