



Mental Health in the Workplace

Waterfoot Hotel
Derry-Londonderry
12 February 2015
09.30-13.00

For more information and contact details:

www.amh.org.uk/services/amh-works

E : amhworks@amh.org.uk

This course seems like a fantastic addition to line manager training and I'm really pleased we've introduced it. The trainer was approachable and engaging

Sainsbury's

Gave me more understanding of the issues around mental health, very very relevant

PWC

Very useful training. Will help me in dealing with staff going forward.

Allstate NI



@amhworks



Mental Health in the Workplace

Waterfoot Hotel
Derry-Londonderry

12 February 2015
09.30—13.00



Resilience in the Workplace

Mental health is the most important aspect to a person's physical and emotional wellbeing. Without good mental health and the tools and skills to maintain it, the pressures of everyday life will take their toll on even the strongest person.

According to recent CIPD reports, stress and mental ill health accounted for the largest proportion of days lost to illness in 2014. This shows a slight increase on 2013 and by 2020 the World Health Organisation estimates that Depression will be the world's most prevalent illness.

Approximately 1 in 20 or 5% of people in work will develop a diagnosable mental illness as a result of work related stress.

So what are you doing about it? AMH Works a project of Action Mental Health in partnership with the Big Lottery Awards for All fund are running a series of conferences with the over-arching theme of mental health in the workplace.

Employers attending this conference will gain some insight into best practice in the delivery of wellness and support programmes in the workplace.

The Guest Speakers will be talking about mental health in their own workplaces and what they have been doing, as employers, to better help and support members of staff who have developed, or are at risk of developing a mental health issue.

- Approximately 40% of all sickness absence is attributable to mental health issues
- According to the HSE NI the average length of absence for a stress related condition is 41 days and this increases for diagnosable mental illnesses
- In 2011 mental ill health cost the Northern Ireland economy £790 million which equals £937 per person who works in NI
- 1 in 4 people will have a diagnosis of a mental health issue in any given year and 1 in 2 in their lifetime new research suggests

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



Chief Executive of Action Mental Health since August 2010, Previous experience in the private sector as a HR consultant and running his own company working with the banking, property, consumer and retail sectors. He also has experience of leading and managing change in the public sector.

Speaker



Gary Kane is the Employer Development Co-Ordinator and lead trainer for AMH Works where he designs and delivers bespoke training programmes to fit the needs of the customer and delivery of this training. So far Gary has delivered to some of the Top 100 companies in Northern Ireland and the UK including Tesco, Sainsbury's, BBC, Queens University, Allstate NI and Schrader Electronics.

Guest Speaker



Louise Magee is the HR Manager in Allstate Northern Ireland's Derry location and is with the Company ten years. Louise works with the wider HR team on Strategic HR initiatives, specialising in recruitment, employee relations and employee engagement. One of the key aspects of the HR function is to work with the wider organisation to make Allstate Northern Ireland a great place to work and to attract and retain the best IT talent.

Guest Speaker



Brendan Miskelly is a manager within Price Waterhouse Coopers and has been with the firm for 14 years. He is a data specialist and his main strengths are problem solving, data manipulation and statistical analysis. In addition to this, Brendan is also the CSR champion in Northern Ireland. He is responsible for supporting charities and community groups, organising career events for pupils at a local secondary schools and promoting initiatives to address and improve wellness in staff.



Mental Health in the Workplace

09.00	Registration, Tea & Coffee
09.30	Welcome & Opening Remarks David Babington, CEO, Action Mental Health
09.40	Gary Kane AMH Works
10.15	Louise Magee Allstate Northern Ireland
10.45	Tea Break
11.00	Brendan Miskelly Price Waterhouse Coopers
11.40	Questions & Answers
12.00	Closing Remarks
12.05	Lunch & Networking