



**Workplace Health  
Leadership Group**  
Northern Ireland

# Series of 5 Webinars Workplace Mental Health

Every - Thursday 15th April to Thursday 13<sup>th</sup> May  
2.30 - 4.00 pm



|                        | TOPIC                                                                                              | SPEAKERS                                                                                                                                                |
|------------------------|----------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|
| Thursday<br>15th April | Why the workplace has a vital role to play in promoting mental health awareness.                   | Workplace Mental Health Awareness<br>Marina McCully,<br><i>Head of Service Development,</i><br>Aware                                                    |
| Thursday<br>22nd April | How to adopt/implement HSENI's Management Standards for work related stress (incl home working).   | Managing Mental Health When Working From Home<br>Claire Kelly, Selina Casey & David Beck<br><i>Mental Wellbeing at Work Advisors,</i><br>HSENI          |
| Thursday<br>29th April | Mental Health First Aid in the workplace. Prevention is always better than cure.                   | Mental Health First Aid<br>Helen Gibson, <i>Regional Co-ordinator</i><br><i>Mental &amp; Emotional Wellbeing &amp; Suicide Prevention Training,</i> PHA |
| Thursday<br>6th May    | How an organisation supports an employee through a mental ill health journey (inc return to work). | Supporting employee wellbeing in challenging times - the Mindful Manager's toolkit<br>Rachael Power,<br><i>Works Manager,</i><br>Action Mental Health   |
| Thursday<br>13th May   | Looking forward - the 5 simple steps to maintain and improve your employees' wellbeing.            | Take Five Steps to Wellbeing<br>Professor Siobhan O'Neill,<br>NI's Mental Health Champion                                                               |

Further details can be found on page 2



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# Series of 5 Webinars Workplace Mental Health

Every - Thursday 15th April to Thursday 13<sup>th</sup> May  
2.30 - 4.00 pm

The Workplace Health Leadership Group NI is hosting a series of webinars focused on mental health in the workplace. Each week, we will be collaborating with renowned mental health professionals, who will be sharing their experiences from various perspectives and addressing key questions involving employee mental wellbeing.

## All webinars are free

### Who should attend

Health & Safety Personnel/Occupational Health Professionals/Wellbeing Practitioners/Occupational Hygienists/HR Personnel/Employee Champions/Health and Safety Representatives/Other employers/employees with an interest in workplace health and wellbeing.

### How to register your attendance

The webinars are being facilitated by NI Safety Group who are one of the Workplace Health Leadership Group's partners.

Individual flyers will be produced for each webinar and these will be distributed by both the partner as well as other supporting organisations. Do feel free to disseminate the flyers to those that you feel would have an interest in the topic.

The flyers will have a hyperlink to allow prospective attendees to book. Booking for the webinars will take place on the NI Safety Group website, and the booking form can cater for multiple attendees.

A confirmation email will be sent to all those who book. For security purposes it will indicate that a web link (Zoom) will be provided on the morning of the Webinar with joining instructions.

Please ensure that the email you use to register is the one that you will be using to view the webinar.

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### Other points

The speakers are happy to answer questions during the webinar.

The webinars will be recorded and available on the Workplace Health Leadership Group's website

**IMPORTANT** - The webinars are likely to be oversubscribed. The software automatically closes the webinar when it reaches capacity. Those unable to gain entry (usually by signing in late) can watch the seminar as a video clip once we have uploaded it.

The Workplace Health Leadership Group would like to thank the speakers for giving of their valuable time to cover such an important topic.

## Who are the Workplace Health Leadership Group NI

The Workplace Health Leadership Group NI (WHLGNI) was formed on 10th August 2016 when a group of committed stakeholders from across industry and government came together to ensure that effective occupational health management is given the priority in Northern Ireland workplaces that it warrants.



NI Branch



**Northern Ireland  
Safety Group**



**Workplace Health  
Leadership Group**  
Northern Ireland

# Webinar Workplace Mental Health Awareness

Thursday 15th April - 2.30 - 4.00 pm

Speaker: Marina McCully, Head of Service Development, AWARE



The Workplace Health Leadership Group NI is hosting a series of webinars focused on mental health in the workplace. Each week, we will be collaborating with renowned mental health professionals, who will be sharing their experiences from various perspectives and addressing key questions involving employee mental wellbeing.

The Northern Ireland Labour Force Survey for 2018/19 estimated that 16,000 employees in Northern Ireland suffer from stress, anxiety or depression, caused or made worse by work.

Furthermore, the number of lost days to the Northern Ireland economy was estimated to be 373,000 during the same period.

Add COVID-19 and this becomes a pretty potent mix that employers can't just ignore.

As Head of Service Development for Aware, Marina McCully is all too conscious of the win win for both employers and employees, of good mental health at work.

During her presentation Pat will cover:-

- What is Mental Health?
- Mental Health at work
- Spotting signs and symptoms of stress and depression
- A work life balance strategy
- Looking after your own mental health
- How to find help
- Q & A

## WEBINAR DETAILS

|          |                                                          |
|----------|----------------------------------------------------------|
| DATE:    | Thursday 15th April 2021                                 |
| TIME:    | 2.30pm (finish 4.00pm)                                   |
| VENUE:   | Online                                                   |
| SPEAKER: | Marina McCully,<br>Head of Service Development,<br>Aware |



|       |                      |
|-------|----------------------|
| COST: | This webinar is FREE |
|-------|----------------------|

**PTO for further details and booking**

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## SPEAKER bio



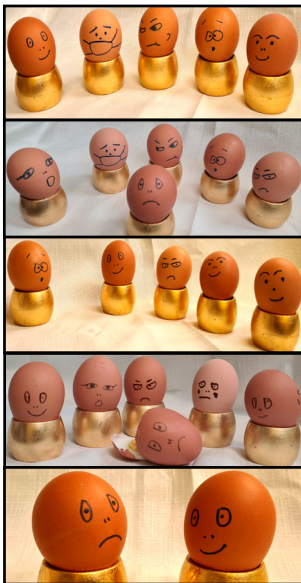
Marina joined AWARE in 2013, as part of the education team. She is passionate about Mental health education and how by recognising early signs and symptoms of poor mental health we can positively impact communities and future services. Having previously been a self-employed business owner.

With a background in HR, personal development training and small business management, Marina continually promotes mental health and wellbeing and has been a practicing holistic therapist since 2006.

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### OTHER WEBINARS IN THIS SERIES

How to book



Thursday 15th April  
- 2.30 - 4.00 pm

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[Booking Link](#)

Thursday 22nd April  
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**Managing Mental Health When Working From Home**

[Booking Link](#)

Thursday 29th April  
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BUILD HEALTH



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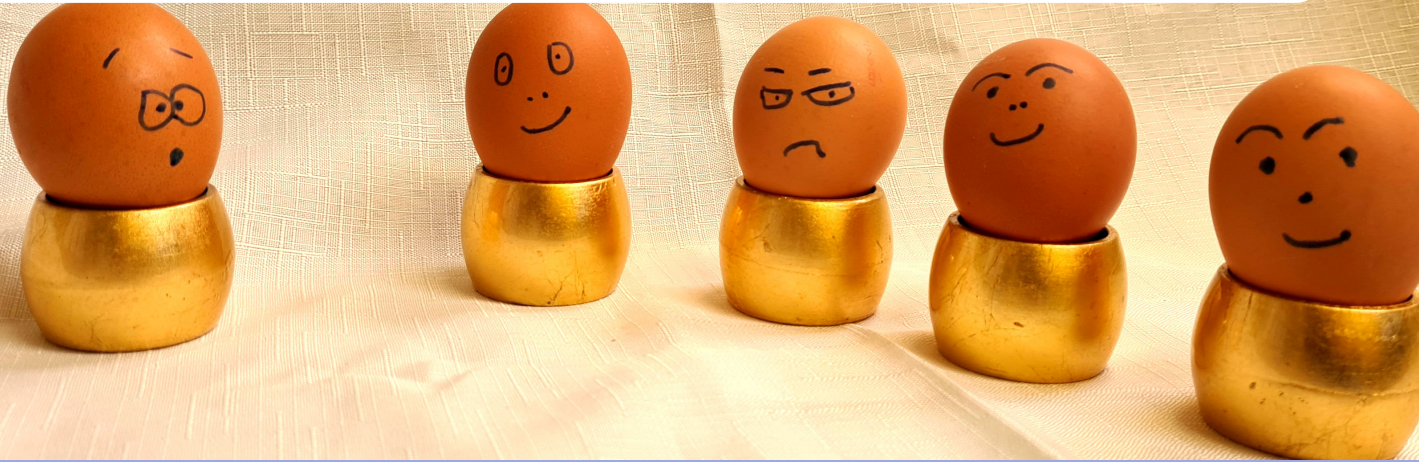


Workplace Health  
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Northern Ireland

# Webinar Managing Mental Health When Working From Home

Thursday 22<sup>nd</sup> April - 2.30 - 4.00 pm

Speakers: HSENI Mental Wellbeing at Work Advisors



The Workplace Health Leadership Group NI is hosting a series of webinars focused on mental health in the workplace. Each week, we will be collaborating with renowned mental health professionals, who will be sharing their experiences from various perspectives and addressing key questions involving employee mental wellbeing.

Working from home has come into its own during the pandemic. Some employers have found this beneficial whilst others have struggled with it. Either way home working became the norm in 2020 and has the potential for becoming standard practice in the future.

Employee stress doesn't just disappear if an employee isn't on site.

The HSENI Management Standards for work-related stress provide the framework for organisations to manage stress in the workplace.

What is new is the 'working from home' element that all employers have had to grapple with since the start of the pandemic.

The presentation will focus on the role and actions to be taken by both employer and employee. It will also feature a new document being worked on by HSENI which simplifies the process for both parties.

Topics include

- Emotional well-being
- Physical health
- Support networks
- Work-life balance
- Mental well-being
- Work environment

## WEBINAR DETAILS

|           |                                                                                           |
|-----------|-------------------------------------------------------------------------------------------|
| DATE:     | Thursday 22 <sup>nd</sup> April 2021                                                      |
| TIME:     | 2.30pm (finish 4.00pm)                                                                    |
| VENUE:    | Online                                                                                    |
| SPEAKERS: | Claire Kelly, Selina Casey and David Beck<br>- HSENI Mental Wellbeing at Work<br>Advisors |
| COST:     | This webinar is FREE                                                                      |



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## SPEAKER'S bios

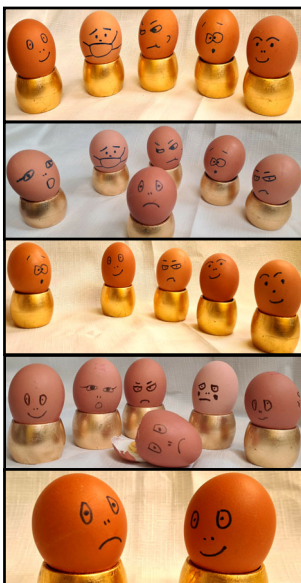
Selina Casey is a Mental Wellbeing work advisor at HSENI and her role is risk assessing and raising awareness on mental wellness in the workplace. Prior to this Selina worked as a Suicide Prevention Facilitator.

Clare Kelly joined HSENI in 2009 and worked as a Business Advisor mentoring small businesses in the implementation of Health and Safety Management systems. Claire took up her role as a Mental Wellbeing work advisor in 2017 and has received accreditations in the areas of Health and Wellbeing, and Delivery of Stress Management Training.

David Beck joined HSENI in 2004 and has worked in a number of areas such as communications and legislation. He took up his role as a mental well-being at work advisor in 2019. David has a NEBOSH Certificate in the Management of Health and Well-being at Work and a level 5 diploma in Mental Health and Wellbeing Awareness accredited by the Counselling & Psychotherapy Central Awarding Body

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- 2.30 - 4.00 pm

**Supporting employee wellbeing in challenging times - the Mindful Manager's toolkit**

[Booking Link](#)

Thursday 13th May  
- 2.30 - 4.00 pm

**Take Five Steps to Wellbeing**

[Booking Link](#)

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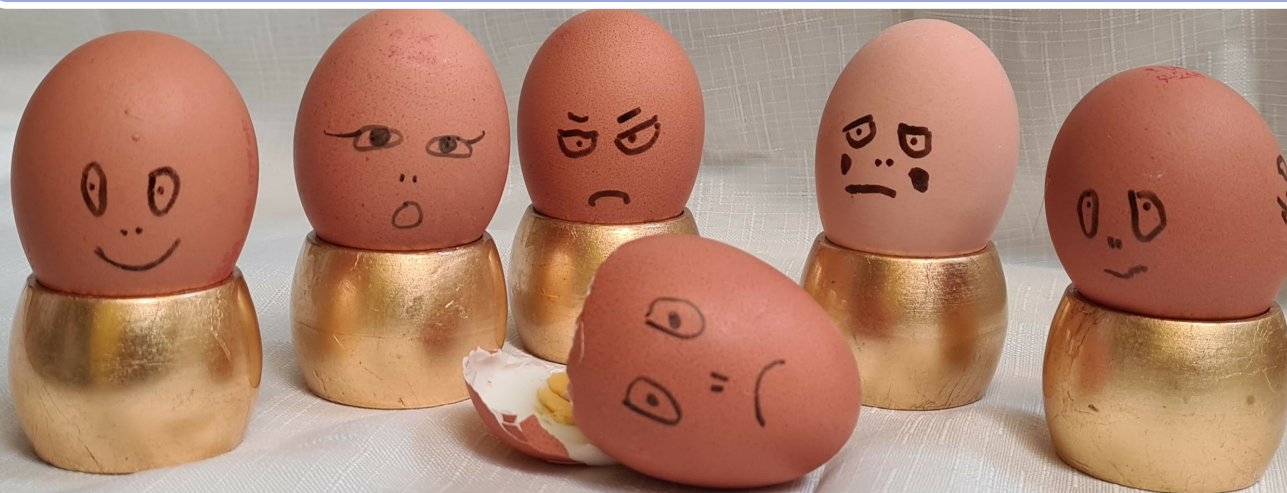
Workplace Health  
Leadership Group  
Northern Ireland

# Webinar

## Mental Health First Aid

Thursday 29th April - 2.30 - 4.00 pm

Speaker: Helen Gibson, Regional Co-ordinator for Mental & Emotional Wellbeing & Suicide Prevention Training, PHA



The Workplace Health Leadership Group NI is hosting a series of webinars focused on mental health in the workplace. Each week, we will be collaborating with renowned mental health professionals, who will be sharing their experiences from various perspectives and addressing key questions involving employee mental wellbeing.

The Mental Health First Aid Programme was first developed in Australia by Betty Kitchener and Anthony Jorm in 2000. Since then it has spread to many other countries including Northern Ireland.

The term is now well bedded into health and safety culture as organisations have realised the benefits it can have for both employers and employees.

Unfortunately, many managers generally don't know how to recognise mental health problems or what help is available.

Helen Gibson is the Regional Co-ordinator for Mental & Emotional Wellbeing & Suicide Prevention Training in the Public Health Agency. In her presentation she'll cover

- What is Mental Health First Aid?
- Why Mental Health First Aid?
- Introducing Mental Health First Aid into your workplace
- How to recruit Mental Health First Aiders in the workplace
- How can Mental Health First Aiders be supported in the workplace?
- Q & A

### WEBINAR DETAILS

DATE: Thursday 29th April 2021  
TIME: 2.30pm (finish 4.00pm)  
VENUE: Online  
SPEAKER: Helen Gibson,  
Regional Co-ordinator for Mental & Emotional Wellbeing & Suicide Prevention Training,  
PHA



COST: This webinar is FREE

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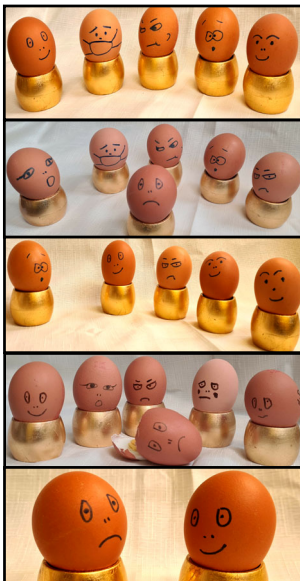


Helen Gibson transferred from the Health & Social Care Board into the Public Health Agency (PHA) in 2009.

In 2011 Helen was appointed Regional Training Lead for Mental and Emotional Health and Wellbeing & Suicide Prevention. In this role Helen has regional responsibility for the development, implementation, promoting and evaluating of mental and emotional health and wellbeing and suicide prevention training, in line with Regional Strategies and Action Plans.

Helen is the Regional Director for Mental Health First Aid (MHFA) NI and works closely with Regional MHFA Directors nationally and internationally. Locally, Helen works closely with the statutory, education, churches, sports bodies, frontline and community/voluntary sectors to promote and support positive mental and emotional health and wellbeing and suicide prevention training.

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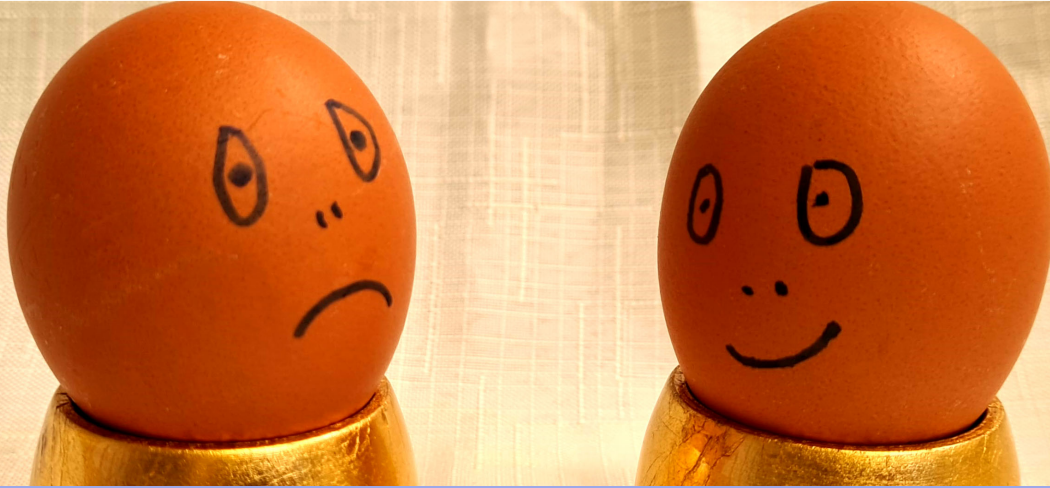
**Workplace Health  
Leadership Group**  
Northern Ireland

# Webinar

## Supporting employee wellbeing in challenging times - *the Mindful Manager's toolkit*

Thursday 6<sup>th</sup> May - 2.30 - 4.00 pm

Speaker: Rachael Power, Works Manager, Action Mental Health



The Workplace Health Leadership Group NI is hosting a series of webinars focused on mental health in the workplace. Each week, we will be collaborating with renowned mental health professionals, who will be sharing their experiences from various perspectives and addressing key questions involving employee mental wellbeing.

A common phrase used during the pandemic is that employees say *"They now feel like they're Living at Work rather than Working from Home"*. This is unsurprising since barely a year ago words like lockdown and home schooling were largely absent from an employee's vocabulary.

Nevertheless employees still need to be managed, no matter where they are located. This has added extra strains to managers and supervisors on top of their workload.

Action Mental Health realised this early on and developed what they call a 'Mindful Manager Toolkit' and Rachael Power from Action Mental Health will outline how this works during her presentation including:-

- Understanding the difference between healthy pressure, and stress
- Mental health across the UK following COVID and how it affects staff
- Tips on managing your 'working from home' team
- Strategies for supporting mental health

- Approaching a difficult conversation
- The Mindful Manager model - a simple and practical tool to guide your conversations and support
- Sources of support
- Q&A

### WEBINAR DETAILS

DATE: Thursday 6<sup>th</sup> May 2021

TIME: 2.30pm (finish 4.00pm)

VENUE: Online

SPEAKER: Rachael Power,  
Works Manager,  
Action Mental Health

COST: This webinar is FREE



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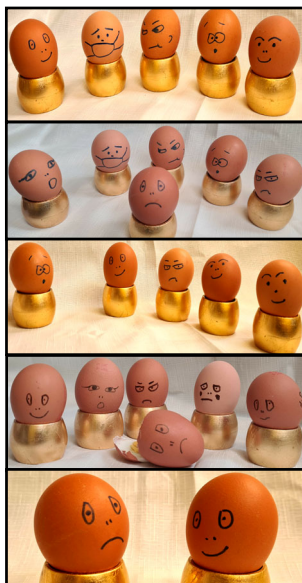
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## SPEAKER bio

Rachael began her career as a teacher but then moved into education roles within the Charity Voluntary sector. She has gained a wealth of experience from working across many different areas of the sector including, homelessness, community development, good relations and social housing. Outside of work Rachael is an advocate for Mental Health and hosts a podcast called "And How Did That Make You Feel" where she interviews guests about their experiences in therapy and counselling to try and normalise talking openly about mental health. Rachael Power has recently been appointed as AMH Works Manager at Action Mental Health.



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Northern Ireland

Webinar

# Take Five Steps to Wellbeing

Thursday 13<sup>th</sup> May- 2.30 - 4.00 pm

Speaker: Professor Siobhan O'Neill, NI's Mental Health Champion



The Workplace Health Leadership Group NI is hosting a series of webinars focused on mental health in the workplace. Each week, we will be collaborating with renowned mental health professionals, who will be sharing their experiences from various perspectives and addressing key questions involving employee mental wellbeing.

Looking after our wellbeing during and after COVID-19 is a phrase that has been used many times over the past year.

It is clear that Mental ill-health including work-related stress can effect each one of us. Figures taken from the Northern Ireland Labour Force Survey for 2018/19 estimate that 16,000 employees in Northern Ireland suffer from stress, anxiety or depression, caused or made worse by work. Furthermore, the number of lost days to the Northern Ireland economy was estimated to be 373,000 during the same period. This was long before COVID hit these shores.

UK wide research by the Centre for Mental Health states that the average employee takes seven days off sick each year of which 40 per cent are for mental health problems.

Speaker Siobhan O'Neill is Professor of Mental Health Sciences at Ulster University. She is also Northern Ireland's Mental Health Champion and one of Northern Ireland's leading experts in the field.

We are delighted that she has agreed to talk about the challenges facing employers. During her talk Professor O'Neill will cover:-

- Origins of Take 5 and the evidence base
- What does the science tell us about what works to improve our mental health?

- Top tips for simple things individuals can do to maintain good mental health
- The benefits of applying Take 5 to all our lives
- Mental health and wellbeing for leaders
- How employers can promote the programme
- Why Take 5 is important in the 'new' normal
- Signposting to sources of information
- Q & A

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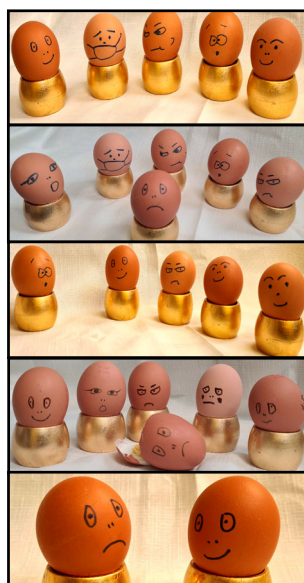
Siobhan O'Neill is a Professor of Mental Health Sciences at Ulster University, and Interim Mental Health Champion for Northern Ireland. Her research programmes focus on trauma, mental illness, and suicidal behaviour in Northern Ireland, and the transgenerational transmission of trauma.



She is now on a mission as the Mental Health Champion to improve the mental health of the people of NI by promoting evidence-based services and care for those who suffer from mental illness and suicidal thoughts.

As Interim Mental Health Champion for Northern Ireland, she will advise and assist in the promotion of mental health and wellbeing through all policies and services throughout the province. Her role is as a public advocate for mental health, and to be a voice for those otherwise voiceless. Her goal is to communicate the collective voices of people with lived experience, and their families and carers, and to advocate for communities impacted by mental health inequalities.

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