



Activities

This is the final week!

Review your activity - Can you feel the impact you have had on your team? Have they commented on the Mind Your Mates campaign? Now is not the time to pack up– this is time to take stock and look at what practises you want to continue. Ask your teams what they liked, and what they want to change. You could do this with a “Thank You” team meeting, to assure them you recognise their participation

Mind Workplace Wellbeing Index – Every employer depends on having healthy and productive employees – valued and supported staff are far more likely to deliver the best outcomes for your business.





The Workplace Wellbeing Index is a benchmark of best policy and practice. It will help you find out where you are doing well and where you could improve. The Index ranking celebrates all the good work you and your team have been doing!

For more information visit the national Mind website
<https://www.mind.org.uk/workplace/workplace-wellbeing-index/>

Employer Pledge – If you haven't already, please sign the Time to Change Employer Pledge <https://www.time-to-change.org.uk/get-involved/get-your-workplace-involved/employer-pledge> This shows to your teams that these 5 weeks haven't been a one off. It will send a powerful message that its OK to talk about mental health.

Useful Websites – We have referenced the following websites for some of these activities. We would highly recommend taking a look, and there are plenty more out there!

www.time-to-change.org.uk
www.yorkmind.org.uk
www.conversationcafe.org.uk
www.mind.org.uk