Mental health – Prevention in the Workplace

6 October at Mayer Brown 7.45 – 10.00am

Following on from being one of the most popular topics in the 2015 breakfast series, mental health in the workplace is still high on the agenda for City organisations. The business case is evident, mental ill health costs UK employers an estimated £26 million and 44% of employers are seeing an increase in reported mental health problems. But how do organisations prevent these figures from increasing?

Angus Duncan, Partner Mayer Brown

Angus Duncan is a Partner in the Insurance & Reinsurance practice at Mayer Brown’s London office, working with both the Lloyd’s and companies’ markets. Angus joined Mayer Brown in 2007 having previously worked for two other international law firms and became Partner at Mayer Brown in 2011. He is a member of Mayer Brown’s LGBT network steering committee.

Paul Farmer, Chief Executive Mind

Paul Farmer has been Chief Executive of Mind, the leading mental health charity working in England and Wales since May 2006.

He is Chair of the Association of Chief Executives of Voluntary Organisations (ACEVO), the leading voice of the UK’s charity and social enterprise sector. Paul is also a trustee at Lloyds Bank Foundation which invests in charities supporting people to break out of disadvantage at critical points in their lives.

Paul is Chair of the NHS England Mental Health Taskforce bringing together health and care leaders and experts in the field, including people using services, to lead a programme of work to create a mental health Five Year Forward View for the NHS in England.

Paul has an Honorary Doctorate of Science from the University of East London, is an Honorary Fellow of St Peter’s College Oxford and The Royal College of Psychiatrists, and was awarded a CBE in the New Year’s Honours 2016.

Poppy Jaman, CEO Mental Health First Aid

Poppy is the CEO of Mental Health First Aid (MHFA) England which is a mental health training provider and one of the UK’s fastest growing women-led small businesses on the Fortuna 50 index. Poppy also leads the City Mental Health Alliance (CMHA) a new membership organisation where London city Businesses are driving the mental health agenda within their company and influencing changing externally. Poppy is Non Executive Director on the Public Health England Board, the second agency of its kind in the world leading on public health improvement and health protection. Poppy has worked on large scale programmes for the Department of Health. Globally Poppy is part of a mental health community in over 25 countries.

This is Me – in the City

This is Me – in the City is a mental health initiative, led by the Lord Mayor’s Appeal which aims to reduce the stigma around mental health in the workplace, enable employees to talk without fear and to raise awareness of wellbeing. Using the powerful story telling tool, employees share their personal experiences of mental health issues via film or other medium with their colleagues.

Hear from one of the 70 organisations signed up for the campaign about how they have implemented it and the fantastic feedback they have so far received. We will also be joined by an employee who has shared their story, and will share their film with us.

Of all the many diversity campaigns we have run, this has been one of the most impactful. Our participants shared their own first hand experience of mental health through a series of blogs and posters – which was very brave as the campaign was actively promoted across our office. When This is Me was up and running, colleagues would frequently stop me in the lift, corridor, and canteen to talk about the campaign. It raised awareness, opened an entirely new dialogue and made people feel proud to work here.

Organisation taking part in This is Me – in the City
If you would like to be added to the Power of Diversity mailing list please contact:
T: 020 7332 1050  E: diversity@thelordmayorsappeal.org
For more information go to www.thelordmayorsappeal.org

TIMINGS

7.45am  Guests arrive, breakfast, networking opportunity
8.00am  Paul Farmer, CEO Mind,  Chair opens session
8.05am  Welcome and introduction from Angus Duncan, Partner, Mayer Brown
8.10am  The Rt. Hon. The Lord Mayor Alderman the Lord Mountevans
8.15am  Poppy Jaman, Mental Health First Aid (MHFA)  Poppy will share how this evidence based workplace initiative helps spot the early warning signs of employees at risk and how to act on it.
8.30am  Speaker TBC  Hear from an organisation who is changing the culture around mental health in their organisation.
8.40am  This is Me – in the City  Showcasing the success of the City-wide initiative which helps to change workplace cultures and reduce stigma of mental health through the powerful tool of story-telling.
8.50am  This is Me Employee Film  Watch one of the films from a participant from this year’s campaign and hear firsthand about their experiences taking part.
9.00am  Questions to panel
9.30am  Session roundup by Chair, Paul Farmer
9.33am  Closing remarks from Angus Duncan, Mayer Brown
9.35am  Session closes, networking opportunity
10.00am  Guests depart

VENUE

Mayer Brown
201 Bishopsgate
London
EC2M 3AF

Directions
The nearest rail and underground station is Liverpool Street (Central, Circle, Metropolitan, Hammersmith & City).
Other nearby stations include Shoreditch High Street and Moorgate.

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