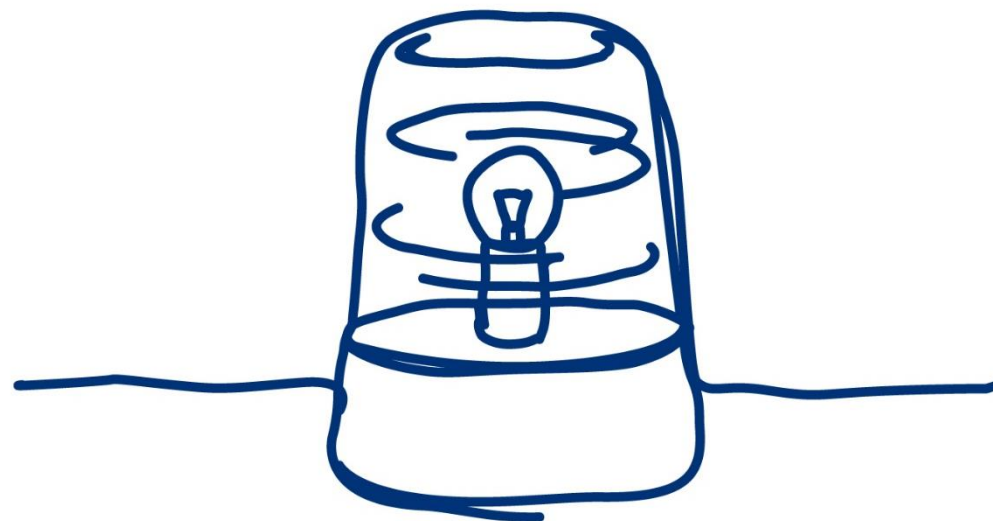


We're Mind, the mental health charity.
We're here to make sure anyone with a
mental health problem has somewhere to turn to
for advice and support.





Blue Light Programme

mind.org.uk/bluelight



Focus on mental health

- **1 in 4** of us will experience a mental health problem in any given year
- There are over **220,000 emergency services personnel** working across England – 'Blue Light' personnel



Blue Light Research: Ambulance

- **Over half** - lived experience of a mental health problem
- **45.1%** taken time off work
- **14.4%** current mental health as very poor or poor, compared to **4%** of the general population
- **91%** have experienced stress, low mood or poor mental health



Blue Light Research: Causes

- **40%** cited work as the main cause of their mental health problems. This is the highest within emergency services
- **Over half** said the cause was a combination of work and personal problems
- Whilst they assigned high importance to experience of trauma, they rated **organisational factors** even more strongly



Blue Light Research

Organisational Support

- **8/10** said their organisation doesn't encourage staff to talk about mental health
- **8/10** wouldn't talk to their managers. They were much more positive about talking to colleagues
- **Nearly 6/10** not aware of their organisation's support
- **Nearly 8/10** gave a negative rating of their organisation's support



Programme Objectives Employees

- **Awareness**
- **Resilience**
- **Empowered**



Programme objectives employers

- **Employee mental health is valued**
- **Better equipped to support staff**
- **Prepared to lead work**

Four Programme Strands



Anti-stigma



Four Programme Strands



Workplace wellbeing



Four Programme Strands



Resilience



Four Programme Strands



Information



Four Programme Strands



Support pathways



Ambulance Sector Engagement so far

- **All 10 NHS Trusts** in England submitted approved action plans

AACE, College of Paramedics, Unison and St Johns Ambulance signed up

- **78** Blue Light Champions across regions
- **8** trusts attended network meetings so far



Ambulance Sector Engagement so far

- **184** ambulance personnel taken part in resilience pilot so far
- **500+** line managers trained
- **50,000+** booklets ordered

Ambulance representation on advisory panel

Team of Ambulance service reviewers



Actions

“Our Chief Executive chairs the Listening into Action, Wellbeing and Engagement Group”

“We’ve developed an unconscious bias policy”

“We ran a Wellbeing Fortnight in May with a focus on mental health support and starting the conversation.”

“We’ve trained key staff in MHFA”

“We’ve introduced WAPs”



Post March 2016 – Blue Light Legacy

- Mind's commitment to the Ambulance Sector
- Tried and tested products, tools and materials specific to Ambulance Sector
- Legacy plan
- Consultation with the sector around legacy
- Opportunities for further funding



Thank you

Need support?

Blue Light Infoline:
0300 303 5999

Samaritans:
116123

