

eskimosoup

the **HUB** Working for Mental Health

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# Who we are



# How we deal with workplace mental health?

- Open dialogue
- External help
- Well-being day
- Improving systems and processes
- Training and support
- Team together days
- Healthy Eating (at least we try)
- The HUB: Working For Mental Health

This online resource gives introductory guidance and provides ongoing discussion to help understand:

- The social, economic and legal implications of mental ill health within the workplace.
- What the guidelines and recommendations for the implementation of a mental health policy are.
- How employers may seek medical advice about an employee's capability and provide guidance on how to do so.



## RESOURCES

[View all resources](#)

### Videos



11:07:09 | 12 Views | 0

Comic Relief support Time to Change film shown on Red nose day 2009

[More Videos >>](#)

### Podcasts

- Wellbeing and Positive Thinking - Full Works
- Wellbeing and Nutrition - Full Works
- How to look after your mental health using exercise
- Stress and Relaxation - Quick Fix
- Wellbeing and Sleep - Quick Fix

Please note: Do not listen whilst driving, riding or operating heavy machinery. Please stay safe.

[More Podcasts >>](#)

## REAL LIFE

[View all real life](#)

### Diary

We are looking for people who can contribute to our diary section.

If you are in employment and are dealing with mental health issues your support by way of writing how you are dealing with this could benefit you and thousands of others in similar situations around the region.

Diary or journal writing produces a number of benefits: it enhances creativity, helps cope with stress, anxiety and provides a written record of memorable life experiences.

You can be an incredibly valuable contributor to the HUB and give inspiration, hope and meaning to thousands of people in similar situations to yourself.

[Get Involved >>](#)

### Case Studies

#### CPP Group

The CPP Group Plc (CPP) is a leading Life Assistance business, providing products which look after millions of peoples' credit and debit cards, mobile phones, keys and personal identities.

#### Cadbury Trebor Bassett

Cadbury Schweppes is the world's largest confectionery company, employing over 70,000 people. This includes over 5,500 colleagues in its UK operating arm, Cadbury Trebor Bassett.

#### British Gas Business

British Gas Business (BGB) employs 2,500 employees. 90% of employees are based in customer service call centres in Leicester, Staines, Oxford & Cardiff. Roles include telesales and debt collection, finance, human resources and information systems.

[More Case Studies >>](#)

## NEWS

[View all news](#)

### Stories

Test News Headline  
A news summary here dshdjsj dshdjsj hsajdhajsk

Another news headline to test the site with  
weqew ewqe weqew eweq te eaw ehfwjr ew  
rhqjz rhqzj jkewhghabwkwhe (jvawhjt hejwjk  
hjwje

A mental health group has criticised a report recommending police  
Black Mental Health UK (BMHUK) has accused the report's authors, which includes a group of prominent mental health charities, the Royal College of Psychiatrists and the Association of Directors of Children's Services, of ignoring black and minority ethnic (BME) communities views on the possible fallout of their proposal.

[More News Stories >>](#)

### Tweets

Sypro web-based NEC compliant software solution implemented on £2m Mental Health Scheme with Kier Health.  
www.sypro.co.uk

14 September 2009 | 5:52 am  
Sypro@NEC (Sypro Management Ltd)

New research shows a disturbing increase in numbers of black Women ... - Black Mental Health UK: New research sh...

14 September 2009 | 7:41 am  
mentalhealthuk (mentalhealthuk)

Every NHS mental health trust should employ service users to ... - Psychmed@co.uk: Every NHS mental health tr... http://bit.ly/13/15/

14 September 2009 | 7:37 am  
mentalhealthuk (mentalhealthuk)

Powered by TweetFeed.com

## EMPLOYERS

SIGN UP TO BECOME A MEMBER

### Take the Mental Health Poll

Q. What is your favourite colour?

- Blue
- Red
- Green
- Yellow
- White
- Black

VOTE

### Latest Members

Other local business who have become members of the HUB

- bus
- business2
- business1

### Local Events

03/10/09 Get Moving Week

11/11/09 Carefit 2009 International Conference

[More Events >>](#)

### Networks



the HUB Working for Mental Health

The HUB is the first stop for employers and employees to visit on their continuing journey to better understand mental health.

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# Huge list of resources

Lead  
Professional

Employer  
Resources

Employee  
Resources

Home Employers Employees Real Life News Events Contacts

## Resources

### Filters

Employer

### creating a mentally healthy workplace - ENWHP

**Published by:** BKK Bundesverband / ENWHP Secretariat

Free

As an employee you have the right to expect your employer and managers to create the conditions for mentally healthy workplaces. But you are also responsible for your own mental health by taking care of yourself and your colleagues. The European Network for Workplace Health Promotion (ENWHP) is working with organizations across Europe to develop a mental health promotion campaign in workplaces called work. in tune with life. move europe.

**Available From:** [The European Network for Workplace Health Promotion](#)

[Report a broken link]

### Promoting Mental Health in the Workplace - ENWHP

**Published by:** BKK Bundesverband / ENWHP Secretariat

Free

By developing mental health promotion programmes and policies, you can enhance the public reputation of your organisation. This can improve your business reputation amongst potential future recruits, and it may increase your chances of gaining public contracts. It can also improve your reputation amongst the wider public and customers as an organisation that demonstrates corporate social responsibility. Good organisational reputation will be associated with a healthy and stimulating workplace where personal development is part of the organization learning culture.

**Available From:** [The European Network for Workplace Health Promotion](#)

[Report a broken link]

## Resource Search

GO

### Filters

Employer

### Find By Type

- Employer (148)
- Employee (53)
- Lead Professionals (6)
- Remove Filter

### Find By Location

- National (106)
- Yorkshire and Humber (38)
- International (4)

### Find By Media Type

- Website (134)
- Video (0)
- Podcast (11)
- Research Document (0)
- PDF Document (3)

### Find By Category

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# Regular updates and networking

If you are in employment and are dealing with mental health issues your support by way of writing how you are dealing with this could benefit you and thousands of others in similar situations around the region.

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...and many more...  
identities.

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[More Case Studies >>](#)

#### Latest Members

Other local business who have become members of the HUB.

- Positive Assets
- LAF (Yorkshire) Ltd
- A4e
- Best Ltd
- Future Prospects

#### Local Events

[More Events >>](#)

#### Networks



## NEWS

[View all news](#)

### Stories

#### Back to work benefits row

People with serious mental health problems are inappropriately being told they are fit to work following assessments for a key sickness and disability benefit

#### Mediterranean diet can reduce risk of depression

A Mediterranean diet can reduce the risk of depression by nearly a third, a new study shows.

#### Young adults' anxiety 'overload'

A survey of 18-24 year olds found 66% feel

### Tweets



RT @CharitySANE: SANE comment on the Government's new mental health strategy: <http://bit.ly/eUEL35>. What do you think of these plans? #mentalhealth

4 February 2011 | 6:06 am  
[marinealondres \(marine\\_janet\)](#)



£7.2m boost for mental health plans  
<http://tinyurl.com/48ch3fd>  
4 February 2011 | 6:04 am  
[pserviceevents \(PublicServiceEvents\)](#)



Mental Health North East comments on No Health Without Mental Health strateg... ~

# Coming Soon

- Rate resources
- Comment on resources
- Top resources displayed on the home page
- Updates by a real person
- Newsletter updates to all members
- Opportunity to add network news stories
- Social Networking

# Thank you

[www.eskimosoup.co.uk](http://www.eskimosoup.co.uk)

[www.workingformentalhealth.co.uk](http://www.workingformentalhealth.co.uk)



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