



Workplace Health and Wellbeing Academy.

Mental Health Academy Module

Health and wellbeing has never been more important. As an employer, you have more responsibility than ever before. That's why we started the Workplace Health and Wellbeing Academy, to help you look after your team's health in the best ways possible.

The Academy gives you:

- Access to unique insights on healthcare trends in society and in the workplace. We'll put those into the context of your business, and explain how you can use these insights to better support your team.
- Expert thinking from Bupa clinical and healthcare experts, giving you the opportunity to ask questions and explore key healthcare topics with Bupa specialists.
- The opportunity to collaborate with us to build actionable plans, from health awareness campaigns to people policies. We'll explore the key steps to implement your engagement plans.

Plus, you'll get resources to take away and share with your colleagues.



1 in 4 people experience mental health issues each year.

With an always on culture and difficult socio-economic factors people are under more pressure than ever before. Now more than ever it's important for organisations to continue to raise awareness and support employees in their mental health.

Left unsupported, mental health can have a huge impact on productivity, workplace culture and financial consequences. Our Mental Health Academy event is designed to **support people in your organisation** and **give you the tools to help them.**



Mental ill health is responsible for 72 million working days lost each year

£105 billion

The economic costs of mental health issues in England have been estimated at £105 billion each year

Source: <https://mhfaengland.org/mhfa-centre/research-and-evaluation/mental-health-statistics/>



70-75%

of people with diagnosable mental illness receive no treatment at all

1 in 6



workers will experience depression, anxiety or problems relating to stress at any one time

Source: <https://mhfaengland.org/mhfa-centre/research-and-evaluation/mental-health-statistics/>

What you can expect from your Mental Health Academy event:

- Insights and trends on mental health to inform your health and wellbeing strategy.
- Expertise and best practice to raise awareness about mental health, steps to build resilience in the workplace and spot mental health signs sooner.
- Signposting to our services that can help your people access support and treatment they may need quickly and conveniently.
- Education and tools to support colleagues with their mental health and up skill your managers.
- The knowledge to plan a mental health awareness campaign.



For more information, please speak to your Intermediary partner or Bupa Account Manager

