School of Clinical Medicine
Wellbeing Programme
Year 1
Raising Mental Health Awareness Programme
What we set out to do...

* Launch a 12 month programme focused on staff mental health
* To raise mental health awareness across the Clinical School and the wider Biomedical Campus embedding a culture of “Dignity in Mental Health” which was the topic of World Mental Health Day 2015
* To support the Athena SWAN wellbeing agenda
* Adopt the STOP Suicide principles of the STOP Suicide Campaign
What we have achieved so far...
Support Card & Notice Boards
What we have achieved so far...

Web Pages

Email address:

csmentalhealthideash@mail@admin.cam.ac.uk
What we have achieved so far...

Lunchtime Briefings

- Mental Health Awareness Briefings x7 inc People Matter Week
- Post Traumatic Stress Disorder
- Relaxation x2
- Mindfulness x3
- Self Harm
- Bipolar
- OCD
- Suicide
- Psychosis
- Stress
- Personality Disorders
- Sleep
- Post Natal Depression
- Bereavement

- 1143 individuals have attended these briefings to date
What we have achieved so far...

Mental Health Awareness Week

* Launched Clinical School Wellbeing Web Pages
* Mental Health & Business Briefing (Professor Dame Carol Black)
* Mindfulness Briefing (University Counselling Service)
* Benefits & Wellbeing Road Show
* Depression Briefing (Mind in Cambridgeshire)

* 387 individuals attended the events on this week
What we have achieved so far...
Mental Health Lite Training

By the end of the course you'll be able to:
• Identify the discrimination surrounding mental health issues.
• Define mental health & some common mental health issues.
• Relate to people's experiences.
• Look after your own mental health.

How is it taught?
The MHFA Lite course is an introductory course and runs from 09:30am-13:30pm.
The session will be a mix of presentation, group interaction and a few activities.

Trained 91 managers so far
What we have achieved so far...

Events

[Images of various events and initiatives]
STOP Suicide Organisational Pledge

We pledge that we will:
• promote the STOP Suicide message throughout our organisation
• encourage staff to sign up to the personal STOP Suicide Pledge
• encourage staff to be open and honest when life gets difficult;
• encourage staff to reach out to others if they are worried about them.

STOP Suicide Personal Pledge

I pledge that I will:
• tell you if I’m struggling and need help;
• reach out and connect with you if I’m worried about you;
• listen to you without judgement, if you need someone to talk to;
• ask you directly if I think you are trying to tell me about suicide;
• help you to get support if you are struggling and/or thinking about suicide.
What we have achieved so far...

Biomedical MH Network Group

- Meets every 3 months
- Biomedical 3 year vision
- Share best practice and resources
- Partnership working, group events and initiatives
What we have achieved so far...

Feedback

* I think this is an excellent project, although suspect that the endeavour (as with anything that involves changing perceptions/attitudes) needs more than a year
* We are very excited to be involved in your fantastic wellbeing work.
* I am really pleased to hear the University are working on raising mental health awareness also as it is a very important subject.
* This looks like a very important initiative
* Brilliant initiative
* A lot of work has gone into a really good initiative. It all looks great!
* It's brilliant to see how committed the Clinical school is to embed a supporting culture, particularly relating to mental health
* It is very good to see this initiative and I hope that you get a positive response.
* I've heard so much positive feedback about the campaign as a whole!
* It was great to see the excellent work that you and the team are doing.
* I'm pleased and a bit humbled by the success of the programme to date, due largely to my colleagues in HR.
* I thought the talk was really interesting and the speaker was fantastic
* I think what you're doing is actually pretty revolutionary and we are all so lucky to have the opportunity to learn more about the different aspects of Mental Health.
What we have achieved so far...

Staff Survey Results

* 78% response rate in 2015 survey (1849 employees)
* 70% of staff said they would recommend the Clinical School as “a great place to work”
* 71% of staff know where to find support for their wellbeing and mental health
Year 2
Wellbeing Programme

Five ways to wellbeing

- Be Active
- Connect
- Keep Learning
- Give
- Take Notice
Year 2
What we are setting out to do...

* Widen programme to incorporate general wellbeing
* Continued annual lunchtime briefing programme
* Continued Mental Health Lite Training for managers
* Mental Health First Aiders in each department
* Termly Wellbeing Newsletter
* MH and general wellbeing weeks
* Resilient Together Project
Other plans...
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