

## Address to Council by Paula Maddison

### Oxfordshire Mind address to the council (by Paula Maddison, Corporate Relationship Co-ordinator for Oxfordshire Mind)

Linking into the motion by Cllr Turner regarding Mental health champions, I would like to address the council regarding the work that Oxfordshire Mind does. My name is Paula Maddison and my role within Mind is that of Corporate Relationship Co-ordinator. I am responsible for linking with employees around the support we can offer to both employers and employees.

At any time, 1 in 6 people will be experiencing some kind of mental health issue. Each year, £26 billion will be lost due to employees' poor mental health. £15.1 billion lost each year through poor productivity of employees who continue to work while experiencing poor mental health. 70 million working days are lost each year.

Oxfordshire Mind's 'mission' is to ensure that anyone with a mental health problem has someone to turn for advice and support. We want to create conversations in the workplace about mental health and to reduce the stigma around accessing help and support.

The Oxfordshire Mind Information Service provides information about mental health and mental health services across Oxfordshire and is open to anyone to access. I will be leaving some cards out for people to take with details of how to contact this service.

I would be very happy to meet with any of you to discuss the work that Oxfordshire Mind does and how we could support the role of mental health champions. We offer mental health first aid training, a nationally accredited course which teaches participants the knowledge and skills to recognise the early signs of mental ill-health and support someone to seek the right help. We also offer a number of short course around 'Coping Skills' including Self-esteem, Assertiveness and Mindful Way of Living as well as shorter, 'bite-size' information sessions around mental health and wellbeing. All of these could be used to start having the conversation about mental health, both at an organisational level, as part of a workplace wellbeing strategy or on a one to one base with employees around mental health issues.

Many thanks for listening and please get in touch to discuss what we are able to offer both you and your organisation.

Paula Maddison  
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