



Are you a Mindful Employer?

Leeds

# LEEDS MINDFUL EMPLOYER NETWORK

Making Leeds a Beacon City for  
Positive Mental Health at Work





## WHAT IS MINDFUL EMPLOYER?

Mindful Employer is a national initiative supporting employers to take a positive approach towards mental health at work.

By signing the Mindful Employer charter employers can make a public declaration of their ambition to support the mental wellbeing of their staff.

Read more about the national Mindful Employer initiative at: [www.dpt.nhs.uk/mindful-employer](http://www.dpt.nhs.uk/mindful-employer)

## LEEDS MINDFUL EMPLOYER NETWORK

The Leeds Mindful Employer Network brings local employers together to champion positive mental health at work.

The Leeds Mindful Employer Network was established in 2013. It is a unique offer to Leeds, putting the city at the forefront of initiatives to promote workplace mental health and wellbeing. The Network is commissioned by Leeds City Council (Public Health) and led by Leeds Mind in partnership with local employers.

Our Network membership currently includes over 400 local employers.

## Why does mental health at work matter?

Recent evidence has shown a Return on Investment of £5 for every £1 spent on staff mental health\*. Fundamentally, it pays to be positive about mental health. Staff who feel happy at work will be more motivated, productive and loyal. They will also be happier at home, with their families and in their communities.

Employers who get it right can expect to see:

- Reduced sickness and better job retention
- Improved outcomes and customer experience
- Increased diversity of staff teams
- Improved reputation and employee engagement
- Compliance with relevant legislation

\* <https://www2.deloitte.com/content/dam/Deloitte/uk/Documents/consultancy/deloitte-uk-mental-health-and-employers.pdf>

*"We are really proud to be a Mindful Employer and part of the Leeds network. We know it means a lot to our staff, as well as our partners, customers and potential employees"*

A Leeds Mindful Employer Network member

## HOW CAN YOU GET INVOLVED?

Involvement in the Leeds network is completely free. It is an inclusive and collaborative space welcoming all local employers and their staff: anyone with an interest in improving mental health at work.

### We can provide...



Peer support - quarterly events for networking and sharing good practice



Support to develop strategies and make changes



Guidance around signing the Mindful Employer charter and completing the Mindful Employer 10 steps



Monthly newsletters and bulletins



Signposting to local training, tools and resources

## We can help you look at areas such as:

- ✓ Developing a healthy workplace culture
- ✓ Raising awareness and tackling stigma
- ✓ Promoting good mental health and well-being
- ✓ Building a mental health strategy or plan
- ✓ Improving manager communication and skills
- ✓ Increasing employee engagement
- ✓ Tracking and monitoring workplace mental health
- ✓ Building a case for investment and support
- ✓ Embedding good practice and making it sustainable

## Ready to sign up?



Joining the Network is easy. Visit our website at [www.mindfulemployerleeds.com/join-the-network](http://www.mindfulemployerleeds.com/join-the-network) 

We look forward to helping you create a healthier workplace!

You can also get in touch via email or on Twitter:



[mindfulemployer@leedsmind.org.uk](mailto:mindfulemployer@leedsmind.org.uk)



[@MindEmployerLds](https://twitter.com/MindEmployerLds)

To learn more about the Mindful Employer charter, visit: [www.dpt.nhs.uk/mindful-employer/services](http://www.dpt.nhs.uk/mindful-employer/services)

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