

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

- ✓ Developing a healthy workplace culture
- ✓ Raising awareness and tackling stigma
- ✓ Promoting good mental health and wellbeing
- ✓ Building a mental health strategy or plan
- ✓ Improving manager communications 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



## Leeds Mindful Employer Network

Making Leeds a beacon city for positive mental health at work



The Leeds Mindful Employer 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.

### Ready to sign up?

Joining the Network is easy. Contact us on one of the channels below:

-  [www.leedsmind.org.uk/mindful-employer/](http://www.leedsmind.org.uk/mindful-employer/)
-  [mindfulemployer@leedsmind.org.uk](mailto:mindfulemployer@leedsmind.org.uk)
-  [@MindEmployerLds](https://twitter.com/MindEmployerLds)
-  0113 305 5800 (Leeds Mind)
-  <https://www.linkedin.com/company/mindful-employer-leeds/>





## What is Mindful Employer?



**Mindful Employer is a national initiative, supporting employers to take a positive approach to wellbeing at work.**

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

🌐 <http://www.mindfulemployer.dpt.nhs.uk>

## Leeds Mindful Employer Network

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

Our Leeds network was first established in 2013 and we have been at the forefront of promoting wellbeing at work ever since. We are commissioned by Leeds City Council Public Health and led by Leeds Mind in partnership with local employers.

Our members are local employers, business owners and staff from a wide range of sectors and industries. We seek to be representative of every part of our local business community.

## 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, within their families and 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



“Since being part of the Mindful Employer Network our approach to supporting positive mental health has grown and we’re really seeing the benefits for our workforce...We want to go home at night knowing all of our staff are healthy and safe, and we’ll see them again the next morning.”



- Rachael Atkin, Social Value Manager, Colas

## The network provides:

- 🕒 Peer support - quarterly events for networking and sharing best practice
- 🕒 Support to develop strategies and make changes
- 🕒 Guidance around signing the Mindful Employer Charter and completing the Mindful Employer 10-Step Toolkit
- 🕒 Monthly newsletters and bulletins to keep you up-to-date
- 🕒 Signposting to local training, tools and resources

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