

# Improving Mental Health Awareness and Engagement for CCG Staff



## INTRODUCTION

I became qualified as a Mental Health First Aid Provider (MHFA) in March 2019. This was a new qualification available within the Hampshire Sustainability and Transformation Partnership.



## PROJECT GOALS

- To engage with our local population within the Partnership Clinical Commissioning Group's
- To raise awareness for mental health within the workplace and MHFA's
- To empower all members of staff to feel confident to approach a MHFA for help, support or advice

## PROJECT DESCRIPTION

I set myself the following tasks and actions to complete:

- To collect data across the Partnership from HR to analyse the percentage of those that were absent from work due to mental ill health and create a graph that evidenced the results.
- To produce an anonymous online survey that would be circulated to staff regarding mental health at work and MHFA's
- To identify which populations require further support and ascertain what can be done to improve the workplace.
- To create mental health notice boards in the CCGs that would offer information, resources and signposting.
- To develop a video that would be made available on the staff Partnership intranet to showcase what a MHFA is and how we can help support our colleagues.

## PROJECT EVALUATION

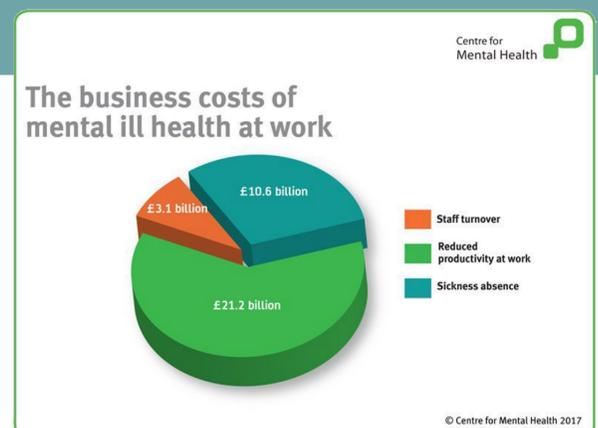
Due to leaving the CCG in October '19, I was unable to complete my project. Within my new employment, there are no trained MHFA's, so my initiatives are to raise awareness and develop the support required for the organisation.

## KEY FINDINGS

### Did you know?

Stress, anxiety and depression are the biggest cause of sickness absence in our society. Mental ill health is responsible for 91 million working days lost every year.

Mental ill health costs UK employers £34.9 billion each year



## EMPOWERING ENGAGEMENT PROGRAMME LEARNING

### I have learnt what engagement means to me:

- Involving patients, public and staff (as they're just as important!) in our local population and community
- To hear and listen to their voices, build relationships and to understand what they want to help shape services
- The importance of engagement and how rewarding the outcome of this can be.

We may not always receive the answers we want, but it is how we take the learning from them.

## REFERENCES

MHFA England & Mind

## CREDITS

NEHF CCG, Hampshire Sustainability and Transformation Partnership, Nikki Kenny (MHFA Lead), Wessex Voices, HSIB

## CONTACT INFORMATION

Julia Blomquist

Email: [julia.blomquist@hsib.org.uk](mailto:julia.blomquist@hsib.org.uk)