

THE MENTAL HEALTH TOOLKIT

Mike Roberts
Railway Chaplain

Wednesday 8th November, 3:15pm



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Not every task can be solved using the same tool.

We need access to a suitable toolkit to support mental health and non-technical skills



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Enabling people to find work as a...

**...place to
thrive...**

**...place to
relate...**

**...place to
recover...**

**...by enabling leaders to support their teams to find a
safe space for positive mental wellbeing.**



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Safe spaces

How do managers
create the workplace to
be a **safe space** for
peoples' mental health?

...a place to thrive...

Ensuring that work is a place where people don't go home in a worse condition than they arrived. A place where people move towards what they can be, not just what they are.

...a place to relate...

Creating a work environment where relationships between colleagues contribute to the wellbeing of the community.
Recognising and challenging toxic and negative behaviours and attitudes.

...a place to recover...

Recognise the place that 'work' will play in the recovery from any incident, and the way that it can help and hinder, including attitudes of company and managers.



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A Thousand Triggers



Mental Health Triggers

trauma bereavement fear change guilt history
acute/chronic physical health family life substance use
weather dietary choices shift patterns finance/money
sleep patterns alcohol workplace relationships exercise
anxiety work-related issues management customers
menopause reform/uncertainty discrimination
sex loneliness disruption deadlines



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Mental Health Responses



Recognise
the signs
of crisis



Making
space for
life
together



Listening
more than
hearing



Leaders
resourced to
understand
issues



Appropriate
signposts



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Imagine...



Human Resources

Occupational Health

Line Managers

Partner agencies

Peer communities



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Questions & Answers



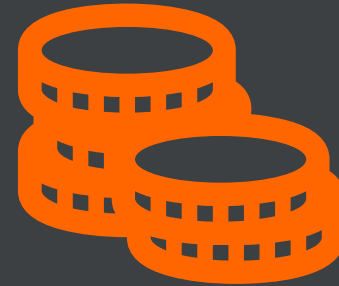
Eating well



Healthy sleep



Time management



Financial wellbeing



Home/family situation



Peer support



Existing support networks



Education & Training



Journalling & Reflections



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Mindfulness



Mentoring & Coaching



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Support on Life's Journey

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A team of dedicated, geographically spread chaplains supporting staff across the industry. Experienced working with individuals and teams through a wide variety personal and professional challenges, including bereavement and post trauma and post incident. Also, offering support with wellbeing and mental health issues.



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Thanks, keep in touch...

Mike Roberts

twitter.com/birdsnestsblog

Railway Mission Chaplain
07557 430 364
mike.roberts@railwaymission.org

www.railwaymission.org



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