

# Talking About Mental Health

## The Leadership Edition

CHAMPION  
HEALTH



# Welcome

- > Ask questions throughout using the chat
  - > Session recorded and shared after via email
  - > Questions will be read out, please say if you want anonymity
- 💬 If you enjoy this free live session, please tell a colleague or friend about Champion Health

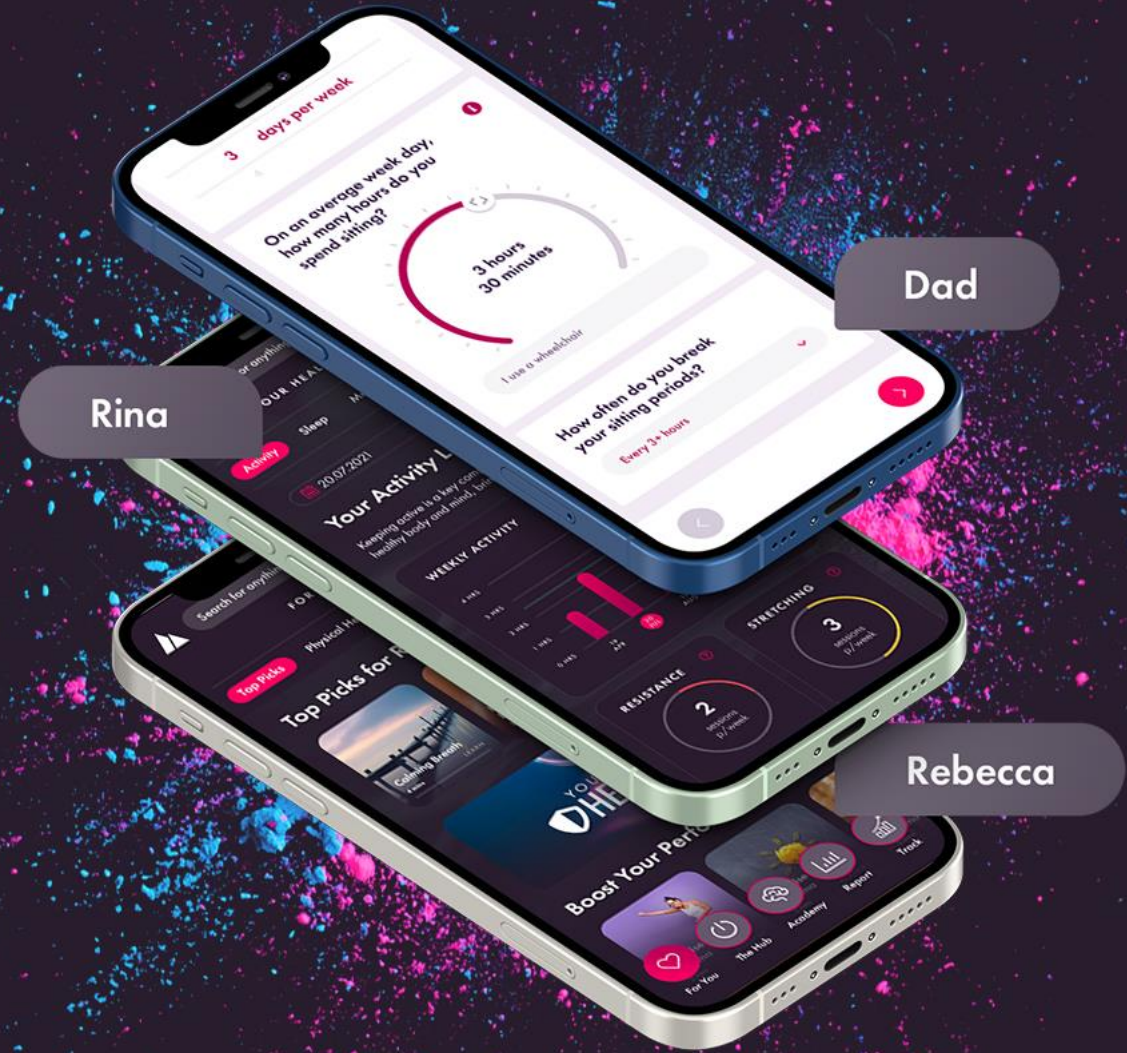
ANNOUNCEMENT

## Friends & Family.

Empower your people to share the Champion Health platform with three loved ones.

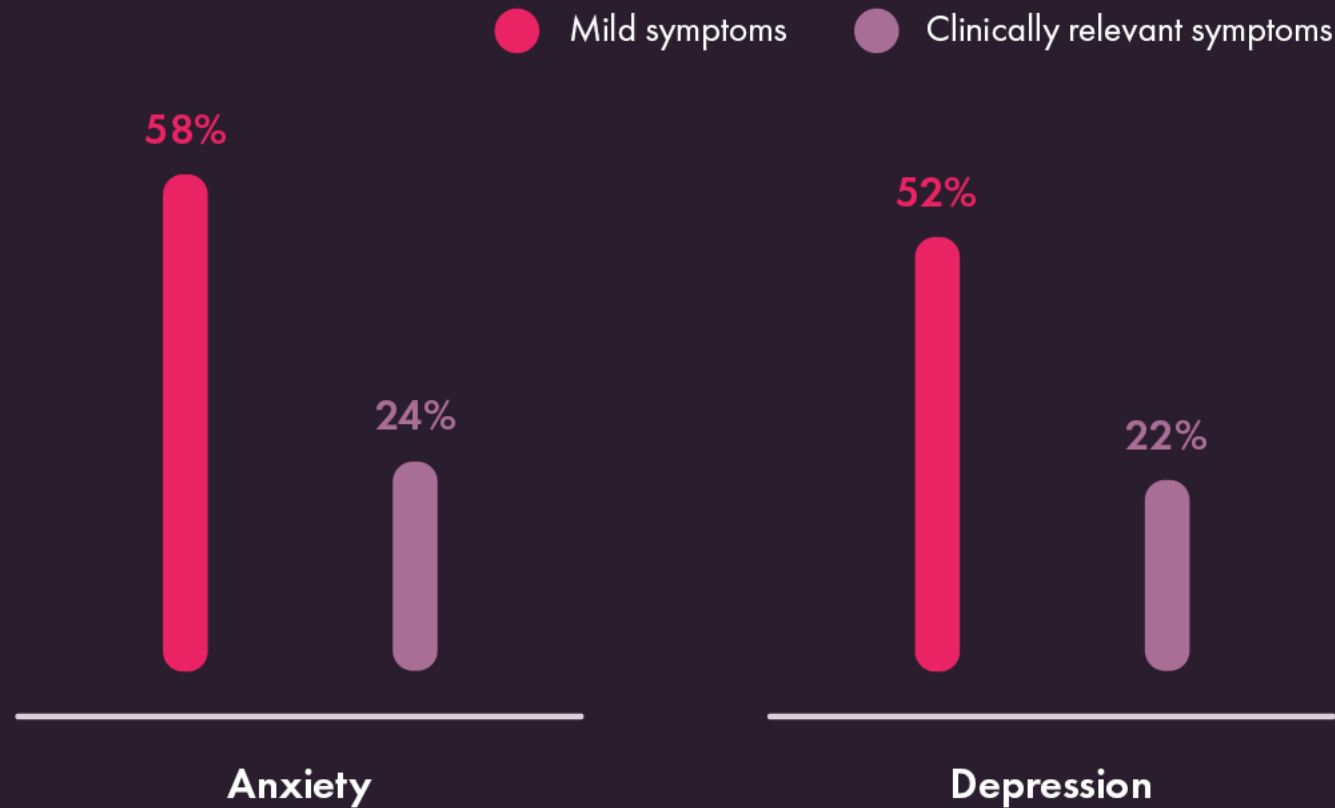
It's workplace wellbeing beyond the workplace. Talk to us to find out more.

[www.championhealth.co.uk](http://www.championhealth.co.uk)



# Why leaders must talk about mental health at work

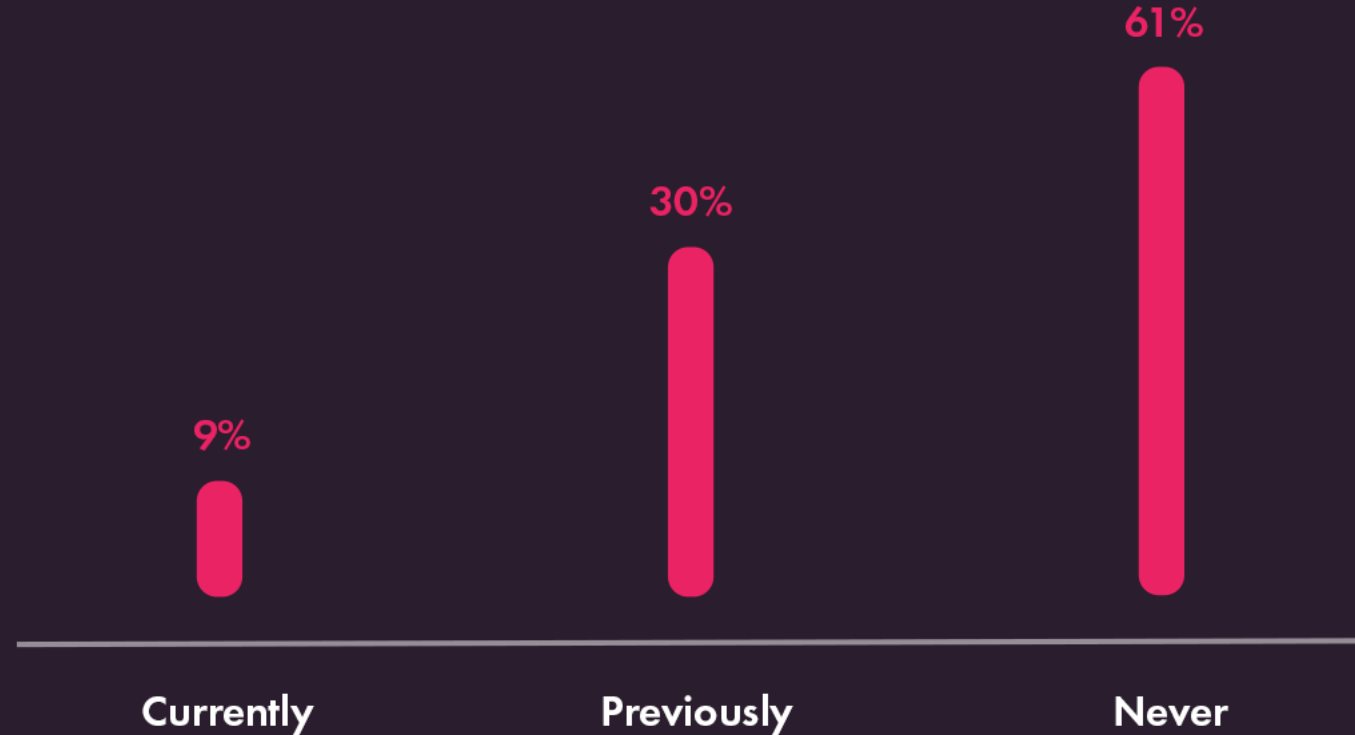
# Employees experiencing symptoms of anxiety and depression



Source:  
The Workplace Health Report: 2022 | Champion Health

# Employees seeking support for mental health difficulties

Percentage of employees who are currently, have previously and have never received support for their mental health.



Source:  
*The Workplace Health Report: 2022 | Champion Health*

# Mental Wellbeing vs Productivity

The relationship between productivity and mental wellbeing.  
As measured by the Warwick Edinburgh Mental Wellbeing Scale.



Source:  
*The Workplace Health Report: 2022 | Champion Health*

# Your speakers



Global Head of Wellbeing | Reckitt Benckiser

## Andy Holmes

Andy is responsible for wellbeing at one of the UK's largest organisations. He focuses on a strategic approach to 'human capacity'.



Wellbeing Consultant | Founder at Positive Wellbeing

## Dr Vikki Barnes

Vikki designs national organisational wellbeing programmes and has founded her own consultancy, Positive Wellbeing.



Head of Strategic Engagement | Wellbeing with Cari

## Sarah Restall

With a fantastic career, from Mind to the InsideOut Leaderboard, Sarah brings expertise and enthusiasm in equal measure.



CEO & Co-founder | Champion Health

## Harry Bliss

Co-founder of Champion Health, Harry is an award-winning entrepreneur and mental health advocate.





**What can you do in your organisation?**

# Q&A

**Talking About Mental Health**  
The Leadership Edition

**Making healthier easier, for everyone.**

**CH▲MPION**  
HEALTH