



SURVEY



100%

OF YOU WANT TO REMAIN INVOLVED WITH PSYCHED!

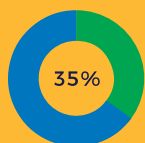


WHAT WORKED FOR YOU

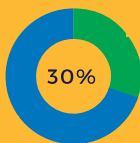


YOU WOULD LIKE MORE

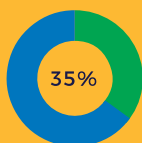
HOW YOU WOULD LIKE PSYCHED TO SUPPORT YOUR WORKPLACE



35% OF YOU SAID MORE WORKSHOPS



30% OF YOU SAID NETWORKING OPPORTUNITIES



35% OF YOU SAID NEWSLETTERS, UPDATES & TRAINING SUPPORT

CREATING A MENTAL HEALTH PROMOTING WORKPLACE

YOU SAID:

"There is much more of a feeling of community."

"It got people talking and started more conversations"

"Breaking down barriers and stigma is still the biggest hurdle."

• Sharing ideas and growing awareness about mental health in the workplace

• Networking with other companies and hearing about what other companies are doing

• Encouraged a structured approach to initiating a wellness programme

• Internal/external promotion of Psyched message

• Positive mental attitude and being there for one another.

• Highlighted to our staff that their wellbeing is important to the organisation and that the organisation cares about them.

• Encouragement to constantly maintain a positive focus on mental health in the office

• Feeling recognised for our efforts

• More publicity and use of web for sharing ideas and listing HSE resources available

• More events, interaction and networking to share ideas and develop relationships both with PSYCHED and with other businesses.

• More guidance and education on best practice in this area

• Encourage smaller organisations to join and keep PSYCHED easy to join to get more workplaces on board.

• Fliers, hand-outs, suggestions for initiatives, seminars or smaller informal evenings lead by PSYCHED that all employees could get involved in.

A formalised process with targets etc that could lead to qualification and awards.

Capacity - ensuring that all have the opportunity to attend events.

