

MHFA England calls on national network of Mental Health First Aiders to support during coronavirus crisis

Wednesday 18 March, 2020, 12:00 GMT: Mental Health First Aid (MHFA) England is calling on hundreds of thousands of people it has trained in mental health skills and awareness to join the national effort to tackle the invisible impact of the coronavirus. With the virus heightening stress, anxiety and social isolation, Mental Health First Aiders and Champions are being asked to use their skills to support those struggling with their mental health by signposting them to the appropriate support, both in and outside of the workplace.

The call comes ahead of the launch of [My Whole Self](#) on 18 March, a national campaign encouraging people to feel empowered to be their authentic self, wherever they work. As the current health crisis sees more people working from home than ever before, MHFA England, a social enterprise which offers expertise in workplace mental health, will focus its campaign activities on providing guidance designed to support employees feeling the impact of the coronavirus.

The campaign launches today with guidance on 'keeping mentally healthy whilst working from home' and will encourage employees to stay connected wherever they are working. This guidance, alongside other helpful content, will enable the country's large network of Mental Health First Aiders to provide vital support, through signposting, to colleagues and those in the wider community who may be struggling with their mental health during these testing times.

Duncan Stephenson, Deputy Chief Executive, Royal Society for Public Health (RSPH), said: "This is an unprecedented period of anxiety for many people in the UK and the population's mental health is paramount at this time. We fully applaud the work of Mental Health First Aid England's network to help people through it and signpost to mental health supports."

"We know Mental health First Aiders provide excellent support in the workplace. It will be fantastic to see this work translated to community settings and remote working as we manage the mental health challenges associated with this outbreak."

Designated My Whole Self Day, today will see workplaces across the country encourage people to build deeper connections with colleagues at a time when millions of people move towards remote working. So far the campaign has been backed by leaders from organisations including Twitter UK, LinkedIn, the CBI, the Federation of Small Businesses, the Chartered Management Institute, EY, Salesforce and Bupa. To mark the day people are being asked to create a '[My Whole Selfie](#)' and share their

authentic self online using the hashtag #MyWholeSelf.

Simon Blake OBE, Chief Executive of Mental Health First Aid (MHFA) England said; “Whether online or offline, bringing your whole self to work is a mindset that is better for wellbeing and better for business. When we bring authenticity, kindness and our whole self to our jobs, it enables us to work better together, boosting performance, creativity and innovation.

“In the current climate, and as more organisations move to online working, human connections are more important than ever. Nurturing them virtually will be key to supporting the nation’s mental health and wellbeing as we come together to tackle the impact of coronavirus.”

Find out more about the campaign, access guidance and how to get involved at mhfaengland.org/my-whole-self.

About My Whole Self

- My Whole Self is the new campaign for workplace culture change from Mental Health First Aid (MHFA) England that aims to create a healthier working culture that strengthens human connections in the workplace bringing together diversity and inclusion and health and wellbeing.
- The campaign is backed by business leaders from Twitter UK, LinkedIn, the CBI, the Federation of Small Businesses, the Chartered Management Institute, EY, Salesforce, Bupa and more - it calls on organisations to empower employees to bring their ‘whole self’ to work.
- On 18 March 2020 organisations across the country will take part in the first My Whole Self Day and share their support using the hashtag #MyWholeSelf. Free resources for workplaces, and more information about the campaign, can be accessed at: <https://mhfaengland.org/my-whole-self/>

About Mental Health First Aid England

- Mental Health First Aid England is a social enterprise with a vision to improve the mental health of the nation through its training and campaigning.
- Mental Health First Aid England training is the mental health equivalent of physical first aid. It gives people the skills, knowledge confidence to recognise the signs and symptoms of common mental health issues and effectively signpost a person to further support.

UNDER EMBARGO



MHFA England

- MHFA England reinvest its profits from delivering workplace mental health consultancy and training into supporting the mental health of the next generation, through the channels of sport and recreation.
- Since 2009 MHFA England has worked with over 20,000 workplaces, from local hairdressers to global corporations, training hundreds of thousands of people in mental health awareness and skills.
- MHFA England has engaged workplaces nationwide through campaigns such as Take 10 Together, Address Your Stress and Empower Half Hour.

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