



Good mental health is good for business

INVITATION

Friday 5th May 2017

Octagon Theatre, Howell Croft South, Bolton, BL1 1SB

Mental Health – It's your business!

Leading into National Mental Health Awareness week, we invite you to join us to launch our new services.

- Stress and anxiety at work are now the main cause of absenteeism and lost production costing UK businesses upwards of £30 billion each year. 1 in 4 people suffer from poor mental health with numbers accelerating every year thanks to our demanding lifestyles.
- Princes Harry and William are leading the campaign to remove the 'stiff upper lip' and talk about our emotions openly yet the workplace often presents a 'closed door' .
- We are inviting all workplaces to challenge their own culture and perceptions and understand the benefits of good mental health for employers and employees.

Register for this event to hear alternative views on how the business sector can join the fight against poor mental health.

Join our 'Talking Shop' discussion to share your experiences and see how you can develop a more resilient and prosperous business with high staff morale and reduced absenteeism.

This event is free and there are 2 sessions

10—12

All businesses

1.30—3.30

Public sector, Education & social care.

To register your attendance please contact Chris Gold chris.gold@workmentalhealth.co.uk or telephone 01204 537897

www.workmentalhealth.co.uk



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