

### 3. Mental Health Awareness



The wider economic costs of mental illness in England have been estimated at £105.2 billion each year.\*

#### Put Your Hand Up

Early identification and intervention are important factors in achieving positive mental health outcomes for your staff. We begin by considering:

- How to identify the early signs
- Reframing negative mental habits

#### Inside Out

Mental health affects us both mentally and physically. We will look at the various ways that your staff can be more aware of both their physical and mental wellbeing.

#### From Self Loathing to Self Respect

We are often encouraged to 'be our own best friend'. What does that look like in action? Let's help your staff find out.

So, if you want your staff to be mental health aware, reach out and contact me on:

[lene@theglassceilingproject.com](mailto:lene@theglassceilingproject.com)

*"A step-by-step guide to mental health in the modern age."*

James King, Student

\*[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/215808/dh\\_123993.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/215808/dh_123993.pdf)