

## Time to Change Bristol's Employer Pledge event



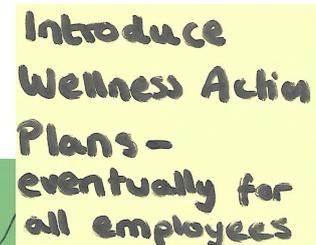
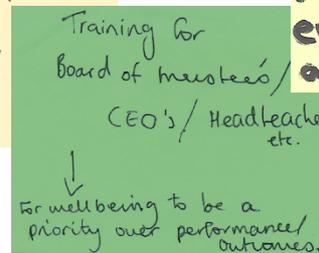
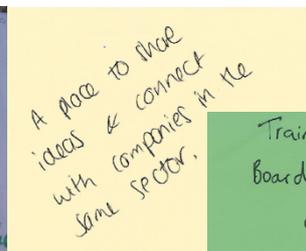
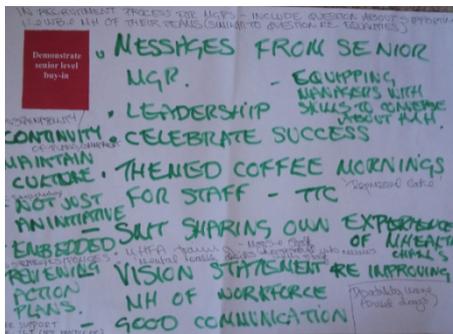
More than 50 people from local businesses and organisations attended the Time to Change Employer Pledge event on 11<sup>th</sup> September 2018 at City Hall. On the same day that the Royal Foundation launched its' Mental Health at Work resources.

**Time to Change** are a growing movement of people changing how we all think and act about mental health problems. **Time to Change Bristol** is a partnership of local organisations and people who are committed to ending mental health stigma and discrimination.

The **Time to Change Employer Pledge** workshop enabled employers to learn how to create a workplace culture to open up the conversations around mental health. The Action Plan behind the Time to Change Employer Pledge provides a framework and the tools for employers to provide the appropriate support for all employees, and enable employers to embed mental health into their policies and procedures, so that employees feel engaged and are able to speak openly about their mental health with their employer. **Helping to remove any stigma and discrimination around mental health in the workplace.**



Feedback from attendees was very positive and there was some great intention to taking learning from the workshop back to their respective workplaces.



Cllr Asher Craig, Cabinet Member for Public Health said: "One of our key ambitions is for Bristol to become a city where everyone feels safe speaking out about mental health issues and where we can secure the support we need when we need it. Becoming a Time to Change hub is instrumental to the work of bringing our city together to tackle mental health stigma and discrimination as part of our new 'Thrive Bristol' programme. We believe we can make great progress towards Bristol becoming a city free from stigma and discrimination around mental health."



A number of organisations in the Bristol area have signed the Time to Change Employer Pledge, including University Hospitals Bristol, Midas Group, University of West of England and Windmill Hill City Farm. Sarah Mellor said: "Windmill Hill City Farm signed up to the Time to Change Employer Pledge to show our commitment to mental



health in the workplace. The Time to Change ethos fits perfectly within our wellbeing and mental health programme. I used the different elements of the pledge to empower and engage employees, by giving them the tools, skills and resources in order to support their colleagues when needed. We will continue to develop and progress our wellbeing and mental health programme, which Time to Change is a part of, as the Farm continues to evolve.”

**If you would like to know more about signing the Time to Change Employer Pledge**, contact the Time to Change Bristol Hub on [ttcbristol@gmail.com](mailto:ttcbristol@gmail.com) Presentations from the event can be found here: <http://bimhn.org.uk/ttcbristol/challenging-mental-health-stigma-in-the-workplace/>

To find out more about the Time to Change Employer Pledge:

<https://www.time-to-change.org.uk/get-involved/get-your-workplace-involved/employer-pledge>

Mental Health at Work resources: <https://www.mentalhealthatwork.org.uk>