



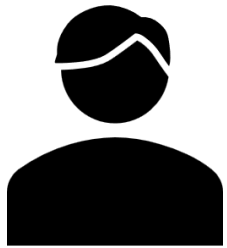
# Mental Wellbeing

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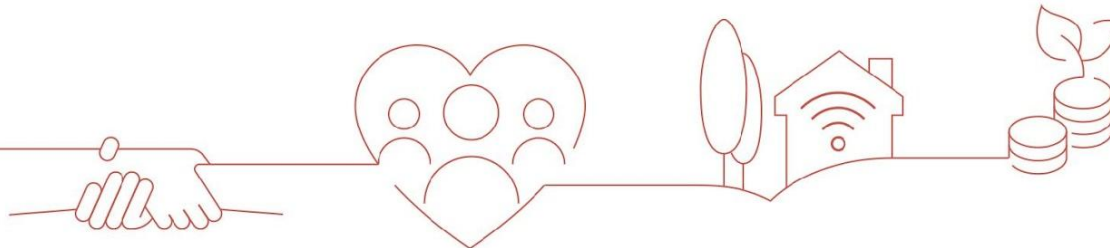
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# Question: What is your life goal?



## Wellbeing

for yourself, your family, your neighbour and the planet



# Individual wellbeing



TALK & LISTEN,  
BE THERE,  
FEEL CONNECTED



DO WHAT YOU CAN,  
ENJOY WHAT YOU DO,  
MOVE YOUR MOOD



REMEMBER  
THE SIMPLE  
THINGS THAT  
GIVE YOU JOY

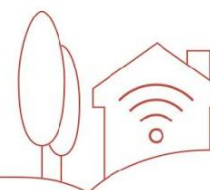


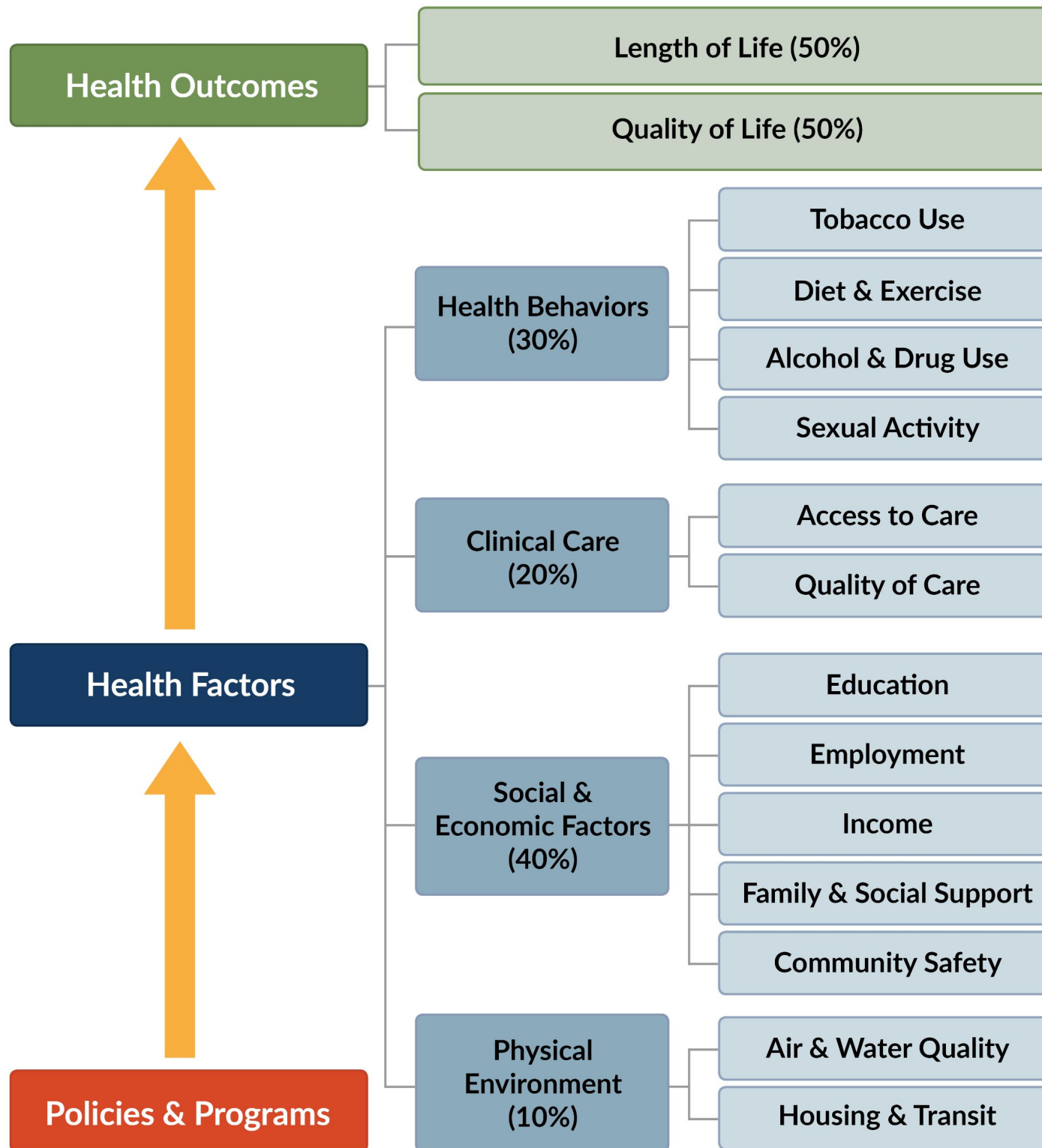
EMBRACE NEW  
EXPERIENCES,  
SEE OPPORTUNITIES,  
SURPRISE YOURSELF

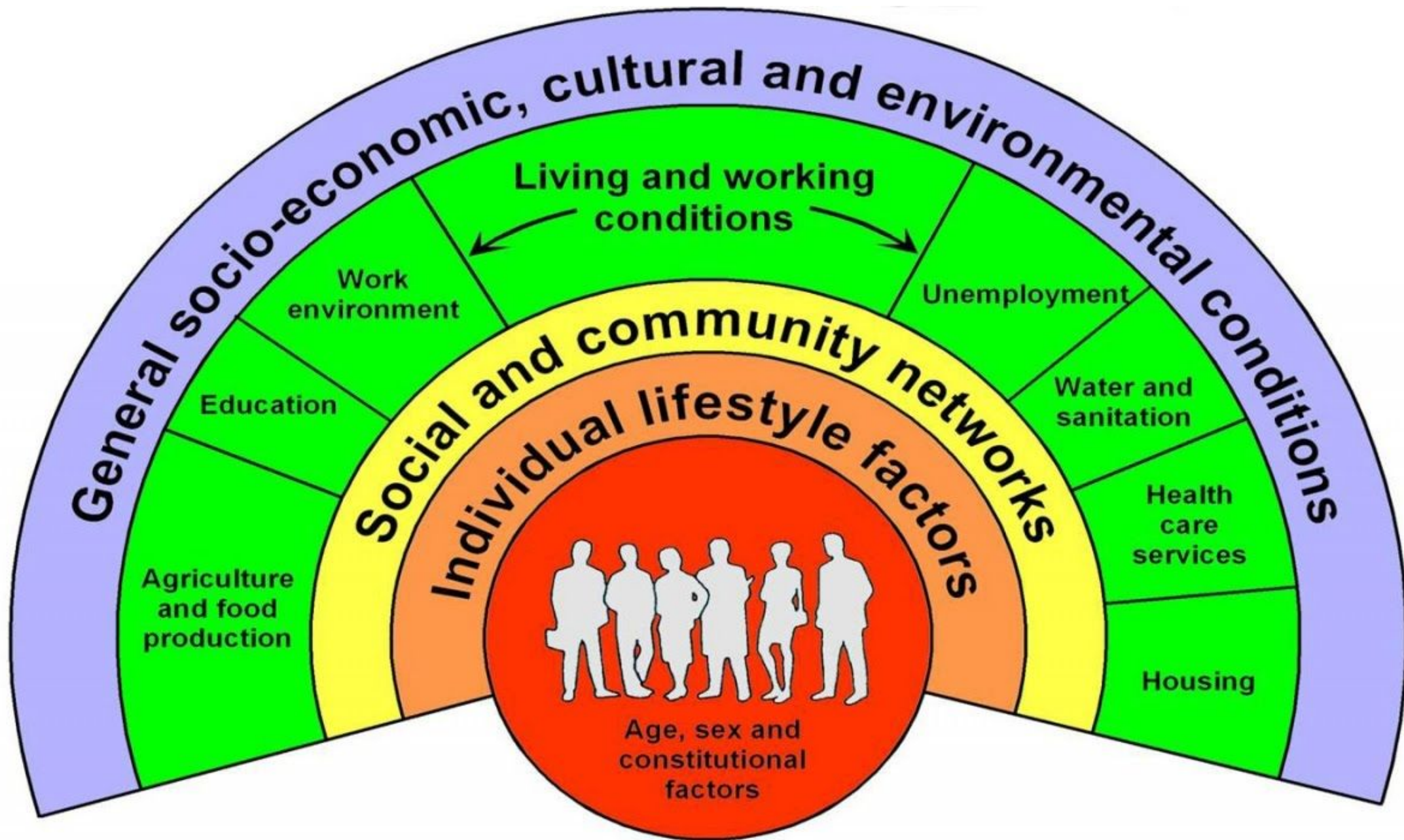


Your time,  
your words,  
your presence

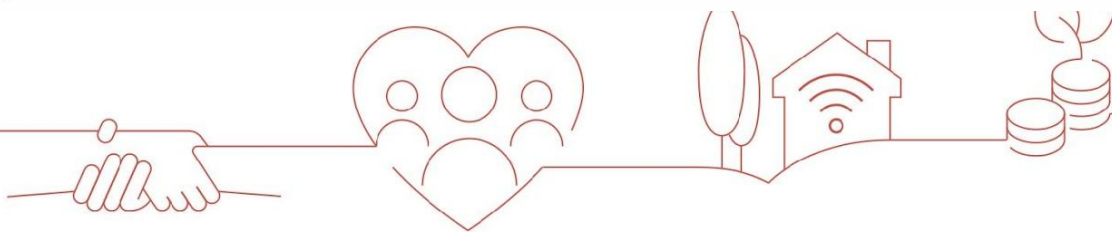
*“What good does it do to treat people and send them back to the same conditions that made them sick?” Marmot*



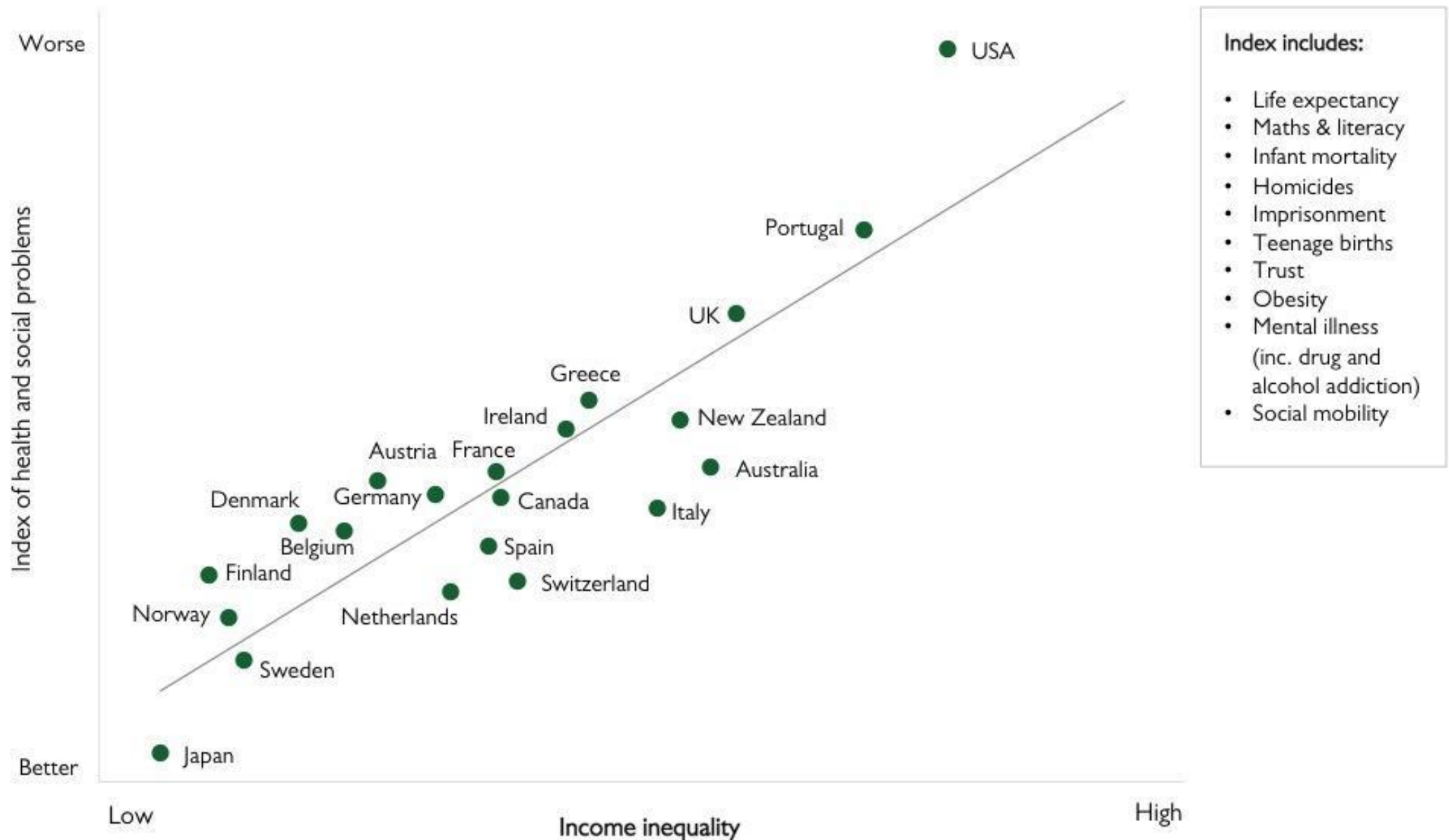




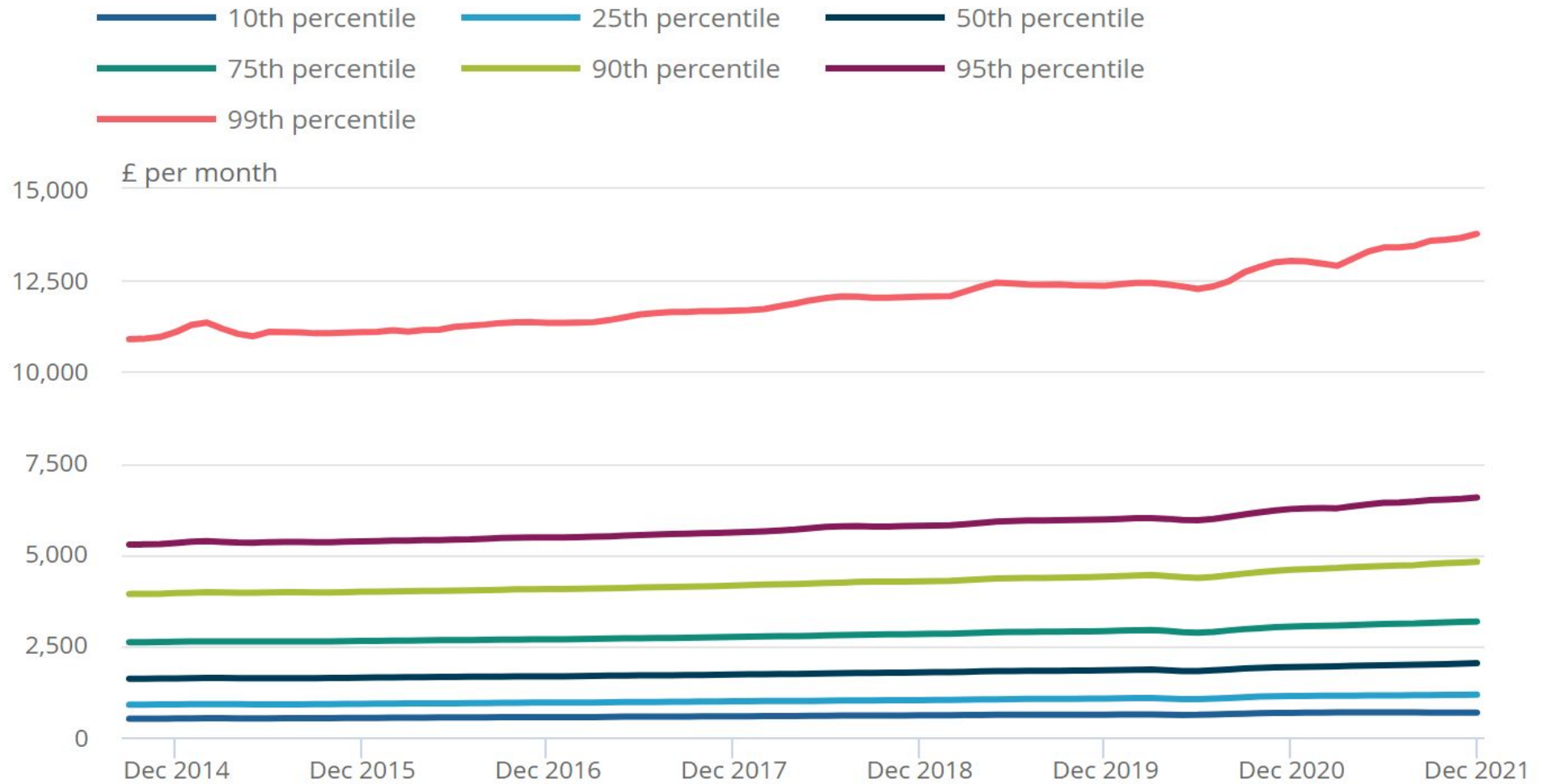
Source: Dahlgren and Whitehead, 1991



# Health and social problems are worse in more unequal countries



# Pay per month, seasonally adjusted, UK, three months to September 2014 to three months to December 2021

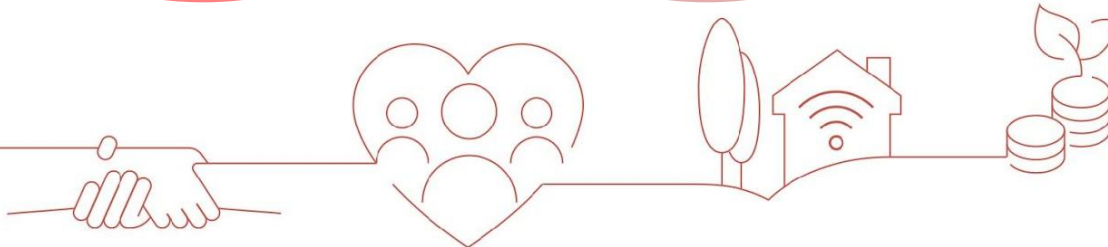
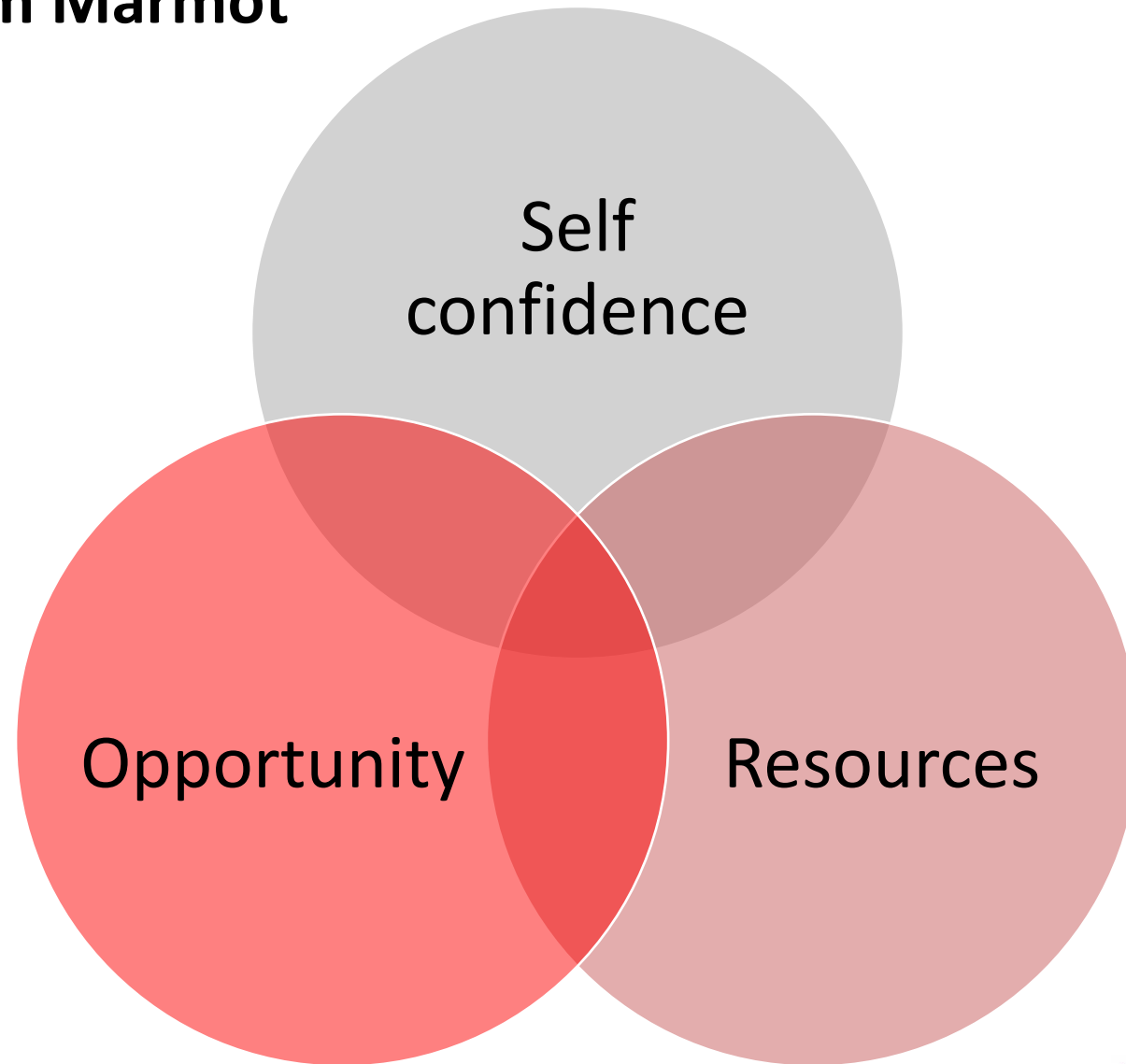


**Source:**

<https://www.ons.gov.uk/employmentandlabourmarket/peopleinwork/earningsandworkinghours/bulletins/earningsandemploymentfrompayasyouearnrealtimeinformationuk/february2022>



# Building blocks of wellbeing and potential – adapted from Marmot





# Decent work is good for mental health

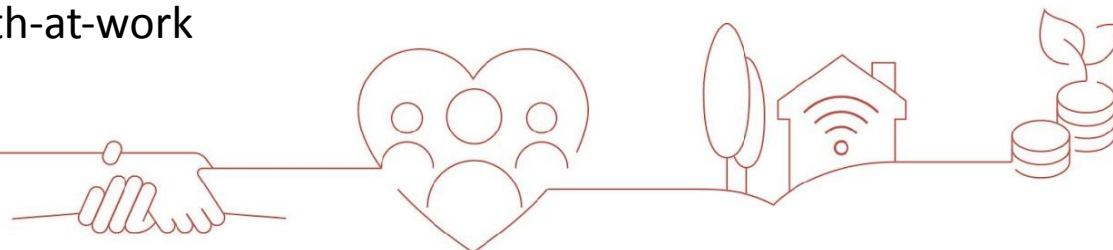
## Poor working environments pose a risk to mental health including:

- discrimination and inequality,
- excessive workloads,
- low job control
- and job insecurity.

## Decent work supports good mental health by providing:

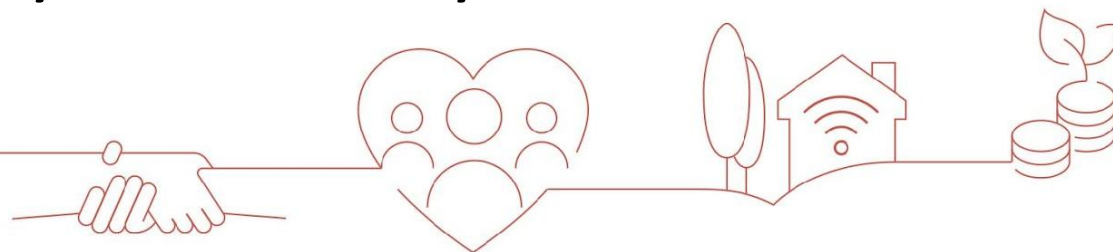
- a livelihood;
- a sense of confidence, purpose and achievement;
- an opportunity for positive relationships and inclusion in a community; and
- a platform for structured routines, among many other benefits.

<https://www.who.int/news-room/fact-sheets/detail/mental-health-at-work>



# Promote mental health at work

- **manager training**, recognize and respond to emotional distress; interpersonal skills like open communication and active listening; understanding of job stressors and how they can be managed;
- **training for workers** in mental health literacy and awareness, improve knowledge of mental health and reduce stigma against mental health conditions at work;
- **interventions for individuals** to build skills to manage stress and reduce mental health symptoms, including psychosocial interventions and opportunities for leisure-based physical activity



# Some useful resources



<https://www.zerosuicidealliance.com/training>



<https://www.samaritans.org/how-we-can-help/workplace/>



<https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline>



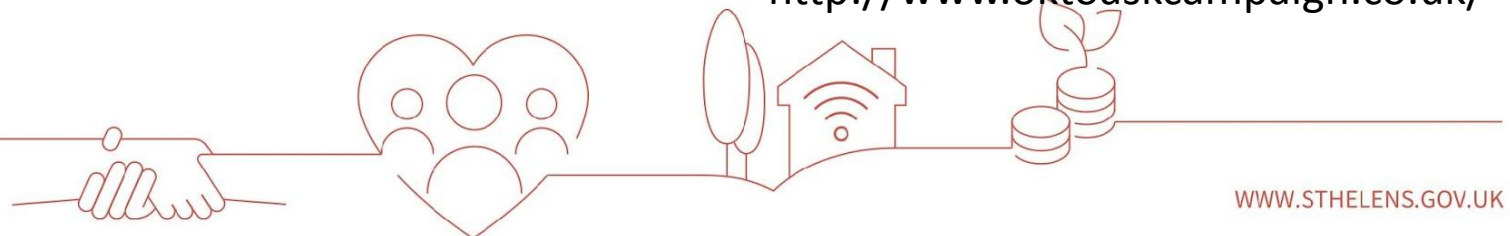
<https://prevent-suicide.org.uk/find-help-now/stay-alive-app/>



<https://mhfaengland.org/>



<http://www.oktoaskcampaign.co.uk/>



# Thank you for listening



<https://www.champspublichealth.com/suicide-prevention/>

