IN YOUR CORNER

Encouraging colleagues to step in

#inyourcorner
In Your Corner is a five-year Time to Change campaign that encourages us all to look out for others – whether they are friends, family or colleagues.

1 in 4 of us will experience a mental health problem this year, yet many people still don’t believe problems are likely to affect them, or anyone they know. They also don’t see how the way they think and act can affect others.

But mental health problems can affect any of us – directly or otherwise. And without support from those around us, we can lose what we care about most.

Having a colleague in your corner can make all the difference.

Being in someone’s corner can be as simple as asking someone how they’re doing, listening and not judging; just being there and being yourself.

“Having a colleague in your corner can make all the difference when it comes to mental health. So if someone you work with is acting differently, step in.”

Getting the message out about mental health

We’ve created this pack to help you share the message with your members of staff.

We’d like you to do this on World Mental Health Day (10 October) if possible, as the theme for this worldwide annual awareness day in 2017 is ‘mental health in the workplace’.

As well as access to downloadable materials, this pack offers a template staff email and suggested text for your intranet, website and social media channels. There are also signposts to support.
A LIST OF AVAILABLE MATERIALS

We have created a set of downloadable In Your Corner materials for use in the workplace. You can access these at time-to-change.org.uk/resources in some cases, they can be customised.

**In Your Corner workplace poster**

This art-ready poster can be customised and printed in the office or via a professional print supplier.

**In Your Corner desk-drop tip card**

This concertina tip card explains why being open about mental health is important, and gives tips on how we can all be there for our friends, family members and colleagues.

It is business card sized, so will fit in a purse or wallet. Professional printing is recommended.

![In Your Corner workplace poster image]

![In Your Corner desk-drop tip card image]
In Your Corner digital graphics

An In Your Corner screensaver and email signature.

BE IN YOUR COLLEAGUE’S CORNER

1 in 4 of us will experience mental health problems this year.
If a team mate is acting differently, step in.

In Your Corner social media graphics

Downloadable social media graphics to accompany posts and tweets.

Time to Change films

Our ‘In Your Colleague’s Corner’ film shows two police officers, Jo and Becky, discussing being in their colleague’s corner. This is available on YouTube.

You could use this as part of a staff presentation or event, or include a link in staff communications. If you have plasma screens at work or office sites, and would like to show the In Your Corner film, please email employers@time-to-change.org.uk to request a link to download. You can also access all our films by searching ‘Time to Change’ on YouTube.
1 in 4 of us will experience mental health problems this year. Having a colleague in your corner can make all the difference. So, if someone you work with is acting differently, step in.

It’s World Mental Health Day on 10 October.

The theme for 2017 is ‘mental health in the workplace’ and we’ll be supporting Time to Change’s In Your Corner campaign, with posters and tip cards around the office.

With 1 in 4 people experiencing mental health problems every year, it can happen to any of us – you, someone in your family, a friend, your workmate, your team mate.

Without support from others, people with mental health problems can lose what they care about most. It’s a time when you need your friends, family and colleagues more than ever. So, if you notice someone you work with is acting differently, step in.

You don’t have to be an expert to be supportive. It can be as simple as checking in with someone, asking them how they’re doing, sharing a cuppa, listening and not judging, just being there and being yourself.

We are distributing In Your Corner tip cards on World Mental Health Day. Why not keep one in your purse or wallet? You could also find out more about the initiative at time-to-change.org.uk, or contact the [Organisation name] HR team at [email address].

Time to Change is a growing movement of people changing how we all think and act about mental health. It is run by Mind and Rethink Mental Illness, and thousands of organisations like us are joining to help make change happen.
If you want to send a staff email about In Your Corner, here is some suggested text. You might want to consider sending it from a senior staff member, someone involved in the Employer Pledge (if your organisation has signed it), or a champion for mental health and wellbeing.

In [month and year your organisation signed the pledge], we signed the Time to Change Employer Pledge, a commitment to change how we think and act about mental health at every level of this organisation.

1 in 4 people will experience mental health problems every year, and 9 in 10 say they have faced negative treatment from others as a result. Without our support, people can lose what they care about most. It’s a time when you need friends, family and colleagues more than ever.

So if you notice someone you work with is acting differently, step in.

You really don’t have to be an expert to be supportive. It can be as simple as checking in with someone, asking them how they’re doing, sharing a cuppa, listening and not judging, just being there and being yourself.

We want everyone who works here to feel they can be open about their mental health, and ask for support if they need it. [You could insert details of your organisation’s support offer such as Employee Assistance Line or HR policies here, or include the information about support services included in this pack].
1 in 4 of us will experience mental health problems this year.

Having a mate, family member or colleague in your corner can make all the difference. So, if someone you know is acting differently, step in.

It's World Mental Health Day on 10 October.

The theme is ‘mental health in the workplace’ and we’re supporting Time to Change, a growing movement that’s changing how we all think and act about mental health.

It’s easy to dismiss mental health problems as something that only affects others. But, with 1 in 4 people experiencing mental health problems every year, it can happen to any of us – a friend, member of the family, or work colleague.

Without support from others, people with mental health problems can lose what they care about most. It’s a time when you need your friends, family and colleagues more than ever. So, if someone you know is acting differently, step in.

You don’t have to be an expert to be supportive. It can be as simple as checking in with someone, asking them how they’re doing, listening and not judging, just being there and being yourself.

You can find out more about Time to Change and their In Your Corner campaign at time-to-change.org.uk. Time to Change is run by Mind and Rethink Mental Illness, and thousands of organisations like us are joining to help make change happen.
The more shares, views, comments, likes and conversations we create around In Your Corner, the more we all play a part in changing how people think and act about mental health. Most importantly, the more people will be in someone’s corner if and when they are needed.

Below are some pre-written posts you might want to share through your social media channels. You can find accompanying graphics at [website address], or download campaign films by searching ‘Time to Change In Your Corner’ on YouTube.

**Twitter 1**
1 in 4 of us will experience a mental health problem this year. So, if someone you know is acting differently, step in #inyourcorner

**Twitter 2**
Having someone in your corner can make all the difference when experiencing a mental health problem – at home or at work #inyourcorner

**Twitter 3**
We’re behind the @timetochange movement to change the way we all think and act about mental health problems #inyourcorner

**Facebook 1**
1 in 4 of us will experience a mental health problem this year. Without someone in their corner, people with mental health problems can lose what they care about most. So if a mate, family member or colleague is acting differently, step in.

**Facebook 2**
We believe having someone in your corner can make all the difference when experiencing a mental health problem. It is too easy to dismiss mental health problems as something that happen to other people. But it can happen to any of us. So, if a mate, family member or colleague is acting differently, step in. Now is the time you are needed most.

**Facebook 3**
We’re behind the @timetochange movement to change the way we all think and act about mental health problems. If a mate, family member or colleague is acting differently, step in. It can be as simple as asking them how they’re doing, checking in with them, listening and not judging - just being there and being yourself. #inyourcorner
SUGGESTED TIPS FOR BLOGS WRITTEN BY EMPLOYEES

Blogs are a powerful way to raise awareness and create understanding. Encouraging employees to write about a time when a colleague was in their corner, you can show how significant this support is, and that it doesn't need to be scary.

Here are some suggested tips for any employees who are looking to write blogs:

**Put personal experience first**
Stories about mental health are generally much more compelling if they are told through the eyes of an individual with lived experience.

**Be concise**
The ideal blog length is between 500-800 words, so don’t feel like you have to keep writing forever. Typically, the shorter it is, the more likely it will hold the reader’s attention.

**Signpost**
Make sure to include links to useful websites. For example, signpost to workplace wellbeing resources on your organisation’s intranet, as well as to the Time to Change website.

**Key questions**
- What was it like to go through a challenging or difficult time?
- What did your colleagues do to show that they were in your corner? Perhaps they took time to talk, or they sent a positive email each day?
- Why did those actions help?

SUGGESTED ACTIVITY IDEAS

Running staff events or activities is a great way to introduce the campaign and get people talking about mental health.

As well as the template communications above, you could take a look at our website for ideas on how to run activities.
If you need or want to signpost to support outside your organisation, we have listed some suggested organisations below. Feel free to replicate the text, or link to our support page online: www.time-to-change.org.uk/mental-health-and-stigma/help-and-support.

If you would like to talk to someone about your mental health, there are lots of people who can support you. We list some of them below:

**Samaritans**
Telephone: 116 123
(24 hours a day, free to call)
Email: jo@samaritans.org
Website: www.samaritans.org
Provides confidential, non-judgmental emotional support for people experiencing feelings of distress or despair, including those that could lead to suicide. You can phone, email, write a letter or in most cases talk to someone face to face.

**Mind Infoline**
Telephone: 0300 123 3393
(9am-5pm Monday to Friday)
Email: info@mind.org.uk
Website: www.mind.org.uk/help/advice_lines
Mind provides confidential mental health information services. With support and understanding, Mind enables people to make informed choices. The Infoline gives information on types of mental distress, where to get help, drug treatments, alternative therapies and advocacy. Mind also has a network of nearly 200 local Mind associations providing local services.

**Elefriends**
Website: www.elefriends.org.uk
Elefriends is a supportive online community where you can be yourself. Elefriends is run by Mind.

**Mates in Mind**
Website: www.matesinmind.org
Mates in Mind is a charitable programme to improve and promote positive mental health in construction. We provide programmes with our partners promoting awareness and understanding of Mental Health tailored to the needs of construction.

**Rethink Mental Illness Advice Line**
Telephone: 0300 5000 927
(10am-2pm Monday to Friday)
Email: info@rethink.org
Website: www.rethink.org/about-us/our-mental-health-advice
Provides expert advice and information to people with mental health problems and those who care for them, as well as giving help to health professionals, employers and staff. Rethink Mental Illness also runs services and groups across England and Northern Ireland.

**Saneline**
Telephone: 0845 767 8000
(6pm-11pm)
Website: www.sane.org.uk/what_we_do/support/helpline
Saneline is a national mental health helpline providing information and support to people with mental health problems and those who support them.
#inyourcorner

time to change
let's end mental health discrimination

FOR MORE INFORMATION

@timetochange
Search “Time to Change”
@timetochangecampaign