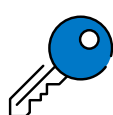


Module overview: Mental Health

The health and wellbeing of your workforce has never been so important. We've created the Academy to provide clinical insights and expertise to help organisations define and deliver their wellbeing strategies.

We're here to help you build a more resilient, happier and healthier workplace where everyone can thrive.

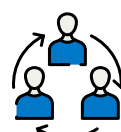
The Academy provides:



Exclusive access to clinical insights on healthcare trends in society and in the workplace.



Expert thinking from leading Bupa clinical and healthcare experts with frontline experience.



Opportunity to collaborate with Bupa clinicians and wellbeing experts to build actionable plans from health awareness campaigns to people policies.

1 in 4 people experience mental health issues each year.

With an always on culture and difficult socio-economic factors people are under more pressure than ever before. Now more than ever it's important for organisations to continue to raise awareness and support employees in their mental health.

Left unsupported, mental health can have a huge impact on productivity, workplace culture and financial consequences. Our Mental Health Academy event is designed to support people in your organisation and give you the tools to help them.



17 million days

were lost due to work-related stress, depression or anxiety in 2021/22.¹



£117 billion

mental health problems cost the UK economy at least **£117.9 billion annually.**²



70 - 75%

of people with diagnosable mental illness receive **no treatment at all.**³



1 in 6

workers will experience **depression, anxiety or problems relating to stress** at any one time.³

Sources

- Source: <https://www.britsafe.org/publications/safety-management-magazine/safety-management-magazine/2022/poor-mental-health-now-accounts-for-half-of-all-work-related-illnesses-stats-show/>
- Source: <https://www.mentalhealth.org.uk/about-us/news/mental-health-problems-cost-uk-economy-least-gbp-118-billion-year-new-research>
- Source: <https://mhfaengland.org/mhfa-centre/research-and-evaluation/mental-health-statistics/>

What you can expect from your Mental Health Academy event:

- Insights and trends on mental health to inform your health and wellbeing strategy.
- Expertise and best practice to raise awareness about mental health, steps to build resilience in the workplace and spot mental health signs sooner.
- Signposting to our services that can help your people access support and treatment they may need quickly and conveniently.
- Education and tools to support colleagues with their mental health and up skill your managers.
- The knowledge to plan a mental health awareness campaign.

For more information, please speak to your Intermediary partner or Bupa Account Manager

