Dear colleague,

Herefordshire Council Public health team are supporting world Mental Health day on the 10th of October by promoting the 5 ways to wellbeing across the week beginning 9th October.

The focus of the campaign is on workplaces.

Why acknowledge mental wellbeing in the workplace?

  People living with mental health problems contributed an estimated £226 billion gross value added (12.1%) to UK GDP. This is 12.1% of GDP overall, and as high as nine times the estimated cost to economic output arising from mental health problems at work.

  Work is a key factor in supporting and protecting mental health. The workplace mental health and wellbeing survey identified that 86% of all respondents believed that their job and being at work was important to protecting and maintaining their mental health.

  Distress is an issue that affects a major proportion of the workforce, whether people have experienced a mental health problem or not.

  Disclosure can be a positive experience, but discrimination and self-stigma remain big issues.

  Many employers lack systems to recognise and address mental health at work. (Mental Health foundation,2017)

I would be grateful if you could show your support for this campaign and promote it through any relevant channels, newsletters or staff boards. We will be posting messages via social media in the run up and during this week.

I attach a locally developed 5 ways to wellbeing poster for you to display in your workplace if you wish. Why not take the 5 ways to wellbeing challenge across the week?

Local Mental wellbeing leaflets can be downloaded here: [https://www.herefordshire.gov.uk/downloads/download/401/healthy\_lifestyle\_booklets](https://webmail.tiscali.co.uk/cp/ps/Mail/ExternalURLProxy?d=tiscali.co.uk&u=adriangale&url=https://www.herefordshire.gov.uk/downloads/download/401/healthy_lifestyle_booklets&urlHash=1.2028208781502853E-175#_blank)

Please feel free to share how your campaign promotion has gone to [Kristan.pritchard@herefordshire.gov.uk](javascript:void(0);)