



# THRIVING at work

## South Gloucestershire

A range of free initiatives available to promote positive mental health and emotional wellbeing in the workplace.

Find out more at our free launch event on

📅 **Monday 11 February**

🕒 **9am to 1pm**

📍 **Bristol and Bath Science Park**

🌐 **[www.southglos.gov.uk/thrivingevent](http://www.southglos.gov.uk/thrivingevent)**



# We can provide:

- Mental health awareness training and wellbeing sessions at your workplace
- Mental health awareness promotional materials for your workplace
- Membership of a quarterly mental health and emotional wellbeing ebulletin which includes up-to-date information on local and national campaigns, resources and services
- Information and support for staff who are also carers
- Support to achieve the Time to Change employers pledge

All of the above are free of charge for businesses in South Gloucestershire

- Mental health is something that **we all have** and is just as important as our physical health.
- **1 in 4** British workers are affected by conditions such as anxiety, depression and stress every year.
- Mental ill health is the leading cause of sickness absence in the UK costing an average of **£1,033** per employee per year.

*I found many of the facts you shared very powerful and I am sure the knowledge I have learnt today is going to make a real difference to my mental health*

Rolls Royce staff member.

South Gloucestershire Council and our partners can provide information and support that will benefit the mental health and emotional wellbeing of your staff.



[www.southglos.gov.uk/thrivingatwork](http://www.southglos.gov.uk/thrivingatwork)

for info on all resources available.

To find out more information please see our website (above) or contact us by email [mentalhealth@southglos.gov.uk](mailto:mentalhealth@southglos.gov.uk) or call **01454 864005**