

# Message from the General Secretary

## It's Good to Talk

### Mental Health Awareness

### Workplace Campaign

It's good  
to talk

Usdaw

Campaigning  
For Equality

[www.usdaw.org.uk/mentalhealth](http://www.usdaw.org.uk/mentalhealth)

#ItsGoodToTalk



Usdaw has long recognised that members mental health is a trade union issue. Our members have been hard hit by the crisis in the retail sector, with thousands of workers having lost their jobs in 2018 alone. Many of our members have been working under a cloud of uncertainty and insecurity with a constant cycle of restructures, store closures and contract variation.

In these circumstances it is no surprise that the Union has seen an increase in the numbers of members needing time off sick or additional support at work because of anxiety or depression.

Our focus, as the UK's fifth largest trade union, is on how work affects our members' mental health and on whether members get the right support at work when it does.

Given the scale of this issue and the fact that mental health problems across society are on the rise it's important we keep on talking about mental health.

That is why Usdaw has developed a range of campaign materials that reps can use to:

- Tackle the stigma that prevents people from seeking help by opening up conversations in the workplace about it.
- Let members know that where work might be impacting on their mental health or where their mental health might be affecting them at work (for example impacting on their attendance or performance) then we can help.
- Give members details of expert organisations they can contact where their mental health is affecting their life outside of work.

Usdaw wants members who might be experiencing problems at work because of their mental health to know that we can help.

Inside this campaign pack you'll find everything you need to know about how to raise the issue of mental health in your workplace together with practical information you can give to members.

You can run this campaign at any time of the year.

If you would like further information about the Union's 'It's Good to Talk' Campaign or have any questions please don't hesitate to contact Usdaw Equalities Office on: 0161 249 2451 or email: [equalitymatters@usdaw.org.uk](mailto:equalitymatters@usdaw.org.uk)

Thanks for your help in supporting members with mental health problems at work.

Best wishes,

*Paddy Lewis*

Usdaw

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For Equality

Usdaw  
Union of Shop, Distributive  
and Allied Workers

# It's Good to Talk Mental Health Awareness Workplace Campaign Supporting New Reps

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#ItsGoodToTalk

Are you a new rep? Interested in using Usdaw's **It's Good to Talk** Campaign to raise awareness of how the Union can help members who might be experiencing problems at work because of their mental health? Read on...

Our mental health affects the way we think and feel about ourselves and others, and how we deal with life. We all have mental health, just as we all have physical health. Both change throughout our lives and there are times when we might become physically or mentally unwell.

Mental health problems are very common and with the right support most are very treatable. One in four people will experience a mental health problem each year and closer to one in three will experience a problem during their working lives.

Ushaw's mental health survey revealed over 80% of respondents said that they, or someone close to them, have experienced a mental health problem.

Ushaw reps are taking the Union's **It's Good to Talk Campaign** out into workplaces up and down the country to break down the barriers surrounding mental health and to let members know that if they are experiencing problems with their mental health and those problems are impacting upon their performance, attendance or conduct at work then the Union can help. Equally work can affect our mental health and where this is the case we can help to ensure members receive the right support at work.

It's easy to get involved; below are some of the steps you can take to bring the **It's Good to Talk** Campaign to life in your workplace:

- Talk to your manager about setting up a campaign stand in your workplace. If you come up against any problems get in touch with your Area Organiser.
- Tick the box on the order form telling us that you are either organising a stand or theming your noticeboard and we will send you everything you need.

## Want to learn more about mental health?

For a bite size introduction to mental health visit the rep area of Usdaw's website at: [www.usdaw.org.uk/MHcourse](http://www.usdaw.org.uk/MHcourse) and complete the 10 minute online course.

Sign up for one of our mental health awareness courses available and free to members via the learning gateway on Usdaw's website. Visit: [www.usdaw.org.uk/learninggateway](http://www.usdaw.org.uk/learninggateway) and click on the Health and Wellbeing section for more detail about what's on offer.

The Union can help reps access mental health awareness training courses. Speak to your Union Learning Rep (ULR) or if you do not have a ULR or you do not know who that is, talk to your Lifelong Learning Project Worker. You can find out who your Project Worker is by visiting: [www.usdaw.org.uk/LLLProjectWorkers](http://www.usdaw.org.uk/LLLProjectWorkers)



**Ushaw**  
Union of Shop, Distributive  
and Allied Workers

# It's Good to Talk Mental Health Awareness Workplace Campaign Order Form

It's good  
to talk



[www.usdaw.org.uk/mentalhealth](http://www.usdaw.org.uk/mentalhealth)

#ItsGoodToTalk

Please tick one of the following and we'll send you everything you need for your campaign, including leaflets, posters and merchandise:

☐ I am planning to hand out leaflets, theme my noticeboard and talk to my colleagues about the campaign.

- |    |   |              |
|----|---|--------------|
| 10 | Mental Health Issues - Where to go for help and support at work - An Usdaw guide for members. | Lft 400      |
| 10 | Supporting Members with Mental Health Issues - An advice guide for Usdaw reps.                | Lft 401      |
| 10 | Social Media and Mental Health - What's the issue? - An advice guide for Usdaw members.       | Lft 425      |
| 10 | Men's Mental Health - It's OK to ask for help - A guide for Usdaw members.                    | Lft 433      |
| 10 | Reasonable Adjustments - An advice guide for Usdaw reps.                                      | Lft 439      |
| 10 | Udaw Talking About Men's Health - Depression.   | Lft 441      |
| 10 | Hidden Disabilities - An advice guide for Usdaw reps.   | Lft 446      |
| 10 | Women's Health - Depression - An Usdaw guide for members.                                     | Lft WH3      |
| 2  | It's Good to Talk A4 Poster.  | R50          |
| 10 | Mental Health in the Workplace Survey.  |              |
| 10 | Mental Health Awareness Online Course A6 Postcard.  | LLLMHA Pcard |

☐ I am organising a Campaign Stand.

- |    |   |              |
|----|---|--------------|
| 35 | Mental Health Issues - Where to go for help and support at work - An Usdaw guide for members. | Lft 400      |
| 20 | Supporting Members with Mental Health Issues - An advice guide for Usdaw reps.                | Lft 401      |
| 35 | Social Media and Mental Health - What's the issue? - An advice guide for Usdaw members.       | Lft 425      |
| 35 | Men's Mental Health - It's OK to ask for help - A guide for Usdaw members.                    | Lft 433      |
| 35 | Reasonable Adjustments - An advice guide for Usdaw reps.                                      | Lft 439      |
| 35 | Udaw Talking About Men's Health - Depression.   | Lft 441      |
| 35 | Hidden Disabilities - An advice guide for Usdaw reps.   | Lft 446      |
| 35 | Women's Health - Depression - An Usdaw guide for members.                                     | Lft WH3      |
| 5  | It's Good to Talk A4 Poster.  | R50          |
| 35 | Mental Health in the Workplace Survey.  |              |
| 30 | Mental Health Awareness Online Course A6 Postcard.  | LLLMHA Pcard |
| 20 | It's Good to Talk Drinks Coaster.   |              |
| 20 | It's Good to Talk Pen.  |              |
| 20 | It's Good to Talk Pad.  |              |
| 20 | It's Good to Talk Balloon with Stick.   |              |
| 20 | Refresher Pack (teabag, coffee sachet and biscuit).   |              |

Please use **BLOCK CAPITALS**:

**NB:** Your order will be delivered via our courier and it is essential that a postcode is given - any orders that do not include a postcode will NOT be dispatched. Also, your order will need to be signed for and it may be heavy, so it may be more practical to have the delivery sent to your workplace (please ensure that there will be somebody available to sign for and collect the package).

## Personal Details

Name Home Postcode

Position Udaw Branch/Division

Workplace

## Delivery Details

Actual Delivery Address

Delivery Postcode

Tel Mobile

email

(To notify you when your order has been dispatched)

On completion just write: **FREEPOST USDRAW** on the envelope and put it in the post. You can also order online at [www.usdaw.org.uk/MHorder](http://www.usdaw.org.uk/MHorder)

Email your views on the **It's Good To Talk** Mental Health Awareness Workplace Campaign to: [equalitymatters@usdaw.org.uk](mailto:equalitymatters@usdaw.org.uk)

The data you are providing us will be used to process your order. This is in pursuit of the Union's legitimate activities stated in the Objects in the Union's Rule Book. This processing involves your personal data. The data that we collect about you here will be stored securely and destroyed after three months. For further information see Usdaw's Privacy Notice [www.usdaw.org.uk/privacy](http://www.usdaw.org.uk/privacy)



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