



**Workplace Health
Leadership Group**
Northern Ireland

Webinar Workplace Mental Health Awareness

Thursday 15th April - 2.30 - 4.00 pm

Speaker: Marina McCully, Head of Service Development, AWARE



The Workplace Health Leadership Group NI is hosting a series of webinars focused on mental health in the workplace. Each week, we will be collaborating with renowned mental health professionals, who will be sharing their experiences from various perspectives and addressing key questions involving employee mental wellbeing.

The Northern Ireland Labour Force Survey for 2018/19 estimated that 16,000 employees in Northern Ireland suffer from stress, anxiety or depression, caused or made worse by work.

Furthermore, the number of lost days to the Northern Ireland economy was estimated to be 373,000 during the same period.

Add COVID-19 and this becomes a pretty potent mix that employers can't just ignore.

As Head of Service Development for Aware, Marina McCully is all too conscious of the win win for both employers and employees, of good mental health at work.

During her presentation Marina will cover:-

- What is Mental Health?
- Mental Health at work
- Spotting signs and symptoms of stress and depression
- A work life balance strategy
- Looking after your own mental health
- How to find help
- Q & A

WEBINAR DETAILS

DATE:	Thursday 15th April 2021
TIME:	2.30pm (finish 4.00pm)
VENUE:	Online
SPEAKER:	Marina McCully, Head of Service Development, Aware



COST:	This webinar is FREE
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PTO for further details and booking

This webinar is
being facilitated by



**Northern Ireland
Safety Group**

[BOOK HERE TO ATTEND](#)

The webinars are being facilitated by NI Safety Group which is one of the Workplace Health Leadership Group's partners.

Booking for the webinars will take place on the NI Safety Group website, and the booking form can cater for multiple attendees.

Once booked you will receive a confirmation email holding your place/s. It will indicate that a web link (Zoom) will be provided on the morning of the Webinar with joining instructions.

Please ensure that the email you use to register is the one that you will be using to view the webinar.

Please do not share the webinar link (that you will receive on the morning of the webinar) with others as their email will not be recognised and they will not obtain access.

SPEAKER bio



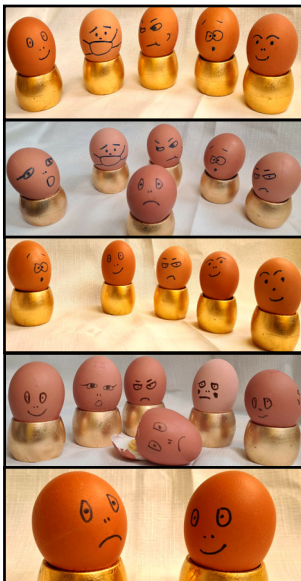
Marina joined AWARE in 2013, as part of the education team. She is passionate about Mental health education and how by recognising early signs and symptoms of poor mental health we can positively impact communities and future services. Having previously been a self-employed business owner.

With a background in HR, personal development training and small business management, Marina continually promotes mental health and wellbeing and has been a practicing holistic therapist since 2006.

IMPORTANT - This webinar is likely to be oversubscribed. The software automatically closes the webinar when it reaches capacity. Those unable to gain entry (usually by signing in late) can watch the seminar as a podcast once we have uploaded it.

OTHER WEBINARS IN THIS SERIES

How to book



Thursday 15th April
- 2.30 - 4.00 pm

Workplace Mental Health Awareness

[Booking Link](#)

Thursday 22nd April
- 2.30 - 4.00 pm

Managing Mental Health When Working From Home

[Booking Link](#)

Thursday 29th April
- 2.30 - 4.00 pm

Mental Health First Aid

[Booking Link](#)

Thursday 6th May
- 2.30 - 4.00 pm

Supporting employee wellbeing in challenging times - the Mindful Manager's toolkit

[Booking Link](#)

Thursday 13th May
- 2.30 - 4.00 pm

Take Five Steps to Wellbeing

[Booking Link](#)

Who are the Workplace Health Leadership Group NI

The Workplace Health Leadership Group NI (WHLGNI) was formed on 10th August 2016 when a group of committed stakeholders from across industry and government came together to ensure that effective occupational health management is given the priority in Northern Ireland workplaces that it warrants.



Northern Ireland Safety Group