



Workplace Health  
Leadership Group  
Northern Ireland

Webinar

# Take Five Steps to Wellbeing

Thursday 13<sup>th</sup> May- 2.30 - 4.00 pm

Speaker: Professor Siobhan O'Neill, NI's Mental Health Champion



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.

Looking after our wellbeing during and after COVID-19 is a phrase that has been used many times over the past year.

It is clear that Mental ill-health including work-related stress can effect each one of us. Figures taken from the Northern Ireland Labour Force Survey for 2018/19 estimate 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. This was long before COVID hit these shores.

UK wide research by the Centre for Mental Health states that the average employee takes seven days off sick each year of which 40 per cent are for mental health problems.

Speaker Siobhan O'Neill is Professor of Mental Health Sciences at Ulster University. She is also Northern Ireland's Mental Health Champion and one of Northern Ireland's leading experts in the field.

We are delighted that she has agreed to talk about the challenges facing employers. During her talk Professor O'Neill will cover:-

- Origins of Take 5 and the evidence base
- What does the science tell us about what works to improve our mental health?

- Top tips for simple things individuals can do to maintain good mental health
- The benefits of applying Take 5 to all our lives
- Mental health and wellbeing for leaders
- How employers can promote the programme
- Why Take 5 is important in the 'new' normal
- Signposting to sources of information
- Q & A

## WEBINAR DETAILS

DATE:	Thursday 13th May 2021
TIME:	2.30pm (finish 4.00pm)
VENUE:	Online
SPEAKER:	Professor Siobhan O'Neill, NI's Mental Health Champion
COST:	This webinar is FREE



## 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 (one of the Workplace Health Leadership Group's partners).

Booking 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 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.

**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.

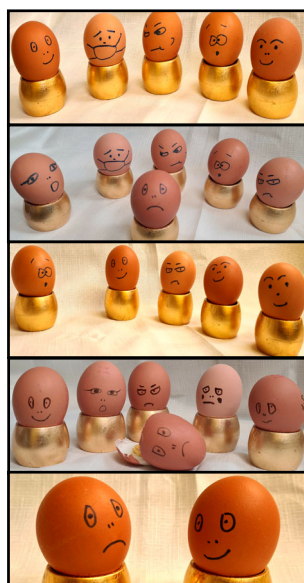
Siobhan O'Neill is a Professor of Mental Health Sciences at Ulster University, and Interim Mental Health Champion for Northern Ireland. Her research programmes focus on trauma, mental illness, and suicidal behaviour in Northern Ireland, and the transgenerational transmission of trauma.



She is now on a mission as the Mental Health Champion to improve the mental health of the people of NI by promoting evidence-based services and care for those who suffer from mental illness and suicidal thoughts.

As Interim Mental Health Champion for Northern Ireland, she will advise and assist in the promotion of mental health and wellbeing through all policies and services throughout the province. Her role is as a public advocate for mental health, and to be a voice for those otherwise voiceless. Her goal is to communicate the collective voices of people with lived experience, and their families and carers, and to advocate for communities impacted by mental health inequalities.

### OTHER WEBINARS IN THIS SERIES



Thursday 15th April  
- 2.30 - 4.00 pm

**Workplace Mental Health Awareness**

Thursday 22nd April  
- 2.30 - 4.00 pm

**Managing Mental Health When Working From Home**

Thursday 29th April  
- 2.30 - 4.00 pm

**Mental Health First Aid**

Thursday 6th May  
- 2.30 - 4.00 pm

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

Thursday 13th May  
- 2.30 - 4.00 pm

**Take Five Steps to Wellbeing**

How to book

[Watch webinar post event recording](#)

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[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**