



# FICSA WORKSHOP FOR STAFF REPRESENTATIVES ON UNDERSTANDING MENTAL HEALTH AT WORK

Hosted by the IMO Staff Association (London) 6 and 7 November 2019

## Provisional Agenda

The workshop will run from 9.30 a.m. to 5.30 p.m. with an hour for lunch

Course aims:

The course will enable staff representatives to:

- develop an understanding of mental health and common mental health problems
- clarify areas for development/improvement in employer policies on mental health
- be aware of diversity and cultural issues impacting on staff association members with mental health problems
- consider current procedures around sickness absence, including staff health insurance and mental health
- understand the causes and consequences of work-related stress
- consider the implications of organisational change, short term contracts and contract renewal on mental health
- consider the staff association role in supporting members on mental health issues
- consider organising and campaigning in the workplace on mental health issues
- consider the impact the role of being a staff representative has on mental health wellbeing and identify approaches to support personal mental health wellbeing

<b>Day One</b>	<b>Welcome and Introductions</b>	<p><b>Presentation: Mental health – Myths and facts</b></p> <p>This presentation will help you to:</p> <p>develop an understanding of mental health and common mental health problems</p>	<p><b>Activity: Employer policies</b></p> <p>This activity will help you to:</p> <p>Consider employer policies on Mental Health</p> <p>Clarify areas for development / improvement in employer policies</p>	<p><b>Activity: Diversity and mental health</b></p> <p>This activity will help you to:</p> <p>Consider how diversity issues affect mental health</p> <p>Consider the implications for your members</p>	<p><b>Activity: Mental health and sickness absence</b></p> <p>This activity will help you:</p> <p>Consider employer procedures</p> <p>Identify areas for development / improvement</p>
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<b>Day Two</b>	<p><b>Activity: Work-related stress</b></p> <p>This activity will help you to:</p> <p>Understand the causes and consequences of work-related stress</p>	<p><b>Activity: Organisational change, precarious employment and mental health</b></p> <p>This activity will help to:</p> <p>Consider the impact of organisational change on mental health</p> <p>Consider the implications of short-term contracts and contract renewal on mental health</p>	<p><b>Activity: Organising and supporting members in and out of the workplace</b></p> <p>This activity will help you to:</p> <p>Consider your role in supporting members and activists on mental health issues</p> <p>Consider organising and campaigning opportunities around mental health</p>	<p><b>Activity: Your mental health wellbeing</b></p> <p>This activity will help you to:</p> <p>Consider your current approach to maintaining mental health wellbeing</p> <p>Identify alternate approaches</p>
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Course developed by Simon Ferrar 2019