

After a tough 18 months in many ways for everybody, there is a rise in Mental Health issues, that come in all shapes and sizes. Mental health issues can affect anyone in the workplace, regardless of their level in a business. Therefore, the industry's professional body, the Institute of Cast Metals engineers (ICME) working with the Cast Metals Federation (CMF) are keen to promote mental health awareness in foundries, to help both individuals and employers look after the mental health of all employees while at work. As part of that work a number of resources have been identified which can help both businesses and employees.

If you or somebody you know is suffering with any Mental Health issues, it's ok to speak out. Let's break the stigma together!

Sources of help & support for businesses to prevent mental health issues at work

Health & Safety Executive

<http://www.hse.gov.uk/stress/standards/> [Stress Management Standards]

<http://www.hse.gov.uk/stress/risk-assessment.htm> [Example stress risk assessment]

Generic Talking toolkit –

<http://www.hse.gov.uk/gohomehealthy/assets/docs/StressTalkingToolkit.pdf>

Sources of help & support for promoting good mental health for individuals

Time to Change

<https://www.time-to-change.org.uk/>

Mental Health Foundation guide on managing mental health in the workplace

https://www.mentalhealth.org.uk/sites/default/files/CR00233_Ebook_dualbranded_interactive.pdf

<https://www.mentalhealth.org.uk/publications/how-to-mental-health>

<https://www.mentalhealth.org.uk/coronavirus>

Mind

<https://www.mind.org.uk/workplace/>

CLASP – Counselling Life Advise Suicide Prevention Charity

<https://www.claspcharity.com/campaigns>

The Campaign Against Living Miserably (CALM)

<https://www.thecalmzone.net/>

Samaritans – Who do much more to help than just talking to those with suicidal thoughts

<https://www.samaritans.org/>