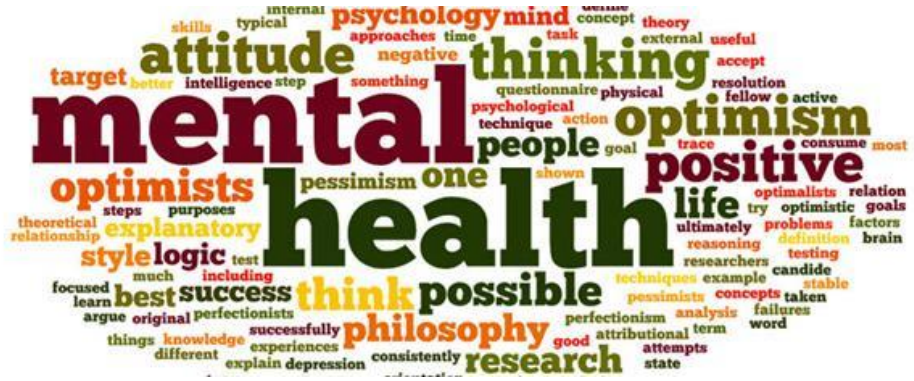
October 2017's equalities, diversity & inclusion topic is mental health.

World Mental Health Day - 10 October 2017



10 October 2017 marks the 25th anniversary of the **World Federation for Mental Health** raising awareness about mental health issues. The day is supported by the United Nations and promotes open discussions on illnesses, as well as investments in prevention and treatment services.

This year's theme is "**Mental Health in the Workplace**". 1 in 4 people will experience some mental health issues in their life, with 1 in 5 people experiencing mental health issues in the workplace.

- 10% of the workforce has time off for depression – with 36 days being the average time taken away from work
- 50% of people with depression go untreated
- 94% of people have symptoms of depression such as difficulty concentrating, making decisions, remembering things as some point (this doesn't mean that you have depression).

At SHS, 15% of tenants that responded to our recent profiling survey indicated that they have Mental Health issues.

In our workplace, we have a number of policies/practises in place to assist with our wellbeing such as:

- annual leave
- flexible working arrangements
- sick pay
- SimplyHealth scheme
- Stress Counselling