

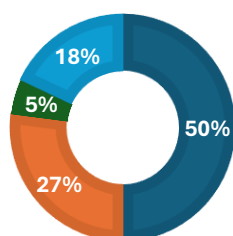
Mental Health Friendly Place Survey

The Mental Health Friendly Places Survey was designed to gather insights on the programme's implementation. It focused on key areas, including conversations around mental health, resources and signposting, training, support the programme has offered and networking opportunities. The survey was distributed to 70 organisations and we received 23 responses, representing less than half. The data collected has been summarised below;

Conversations around Mental Health

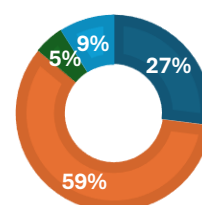
ON AVERAGE, HOW OFTEN DO YOU HAVE CONVERSATIONS ABOUT MENTAL HEALTH AND WELLBEING WITH THE FOLLOWING...? (CUSTOMERS / VISITORS)

■ Daily ■ Weekly ■ Monthly ■ Less than monthly



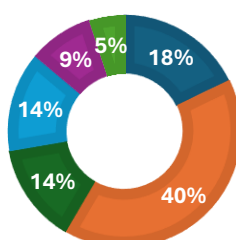
ON AVERAGE, HOW OFTEN DO YOU HAVE CONVERSATIONS ABOUT MENTAL HEALTH AND WELLBEING WITH THE FOLLOWING...? (YOUR COLLEAGUES)

■ Daily ■ Weekly ■ Monthly ■ Less than monthly



ON AVERAGE, HOW OFTEN DO YOU HAVE CONVERSATIONS ABOUT MENTAL HEALTH AND WELLBEING WITH THE FOLLOWING...? (YOUR MANAGERS)

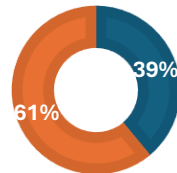
■ Daily ■ Weekly ■ Monthly ■ Less than monthly ■ Never ■ Don't Know



The graphs indicate that among the 23 responses over half of the organisations engage in conversations about mental health and wellbeing. This suggests a positive trend where mental health topics are being actively discussed within various groups, including customers, visitors, colleagues and managers.

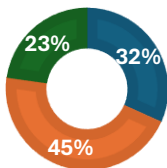
HOW, IF AT ALL, HAVE THESE CONVERSATIONS INCREASED SINCE YOUR ORGANISATION BECAME A MENTAL HEALTH FRIENDLY PLACE?

■ More often ■ About the same



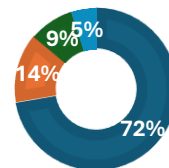
HOW CONFIDENT, IF AT ALL, DID YOU FEEL HAVING CONVERSATIONS ABOUT MENTAL HEALTH AND WELLBEING...? (BEFORE YOUR ORGANISATION SIGNED UP TO BE A MENTAL HEALTH FRIENDLY PLACE?)

■ Very confident ■ Fairly confident ■ Not very confident



HOW CONFIDENT, IF AT ALL, DID YOU FEEL HAVING CONVERSATIONS ABOUT MENTAL HEALTH AND WELLBEING...? (AFTER YOUR ORGANISATION SIGNED UP TO BE A MENTAL HEALTH FRIENDLY PLACE?)

■ Very confident ■ Fairly confident ■ Not very confident ■ Don't Know



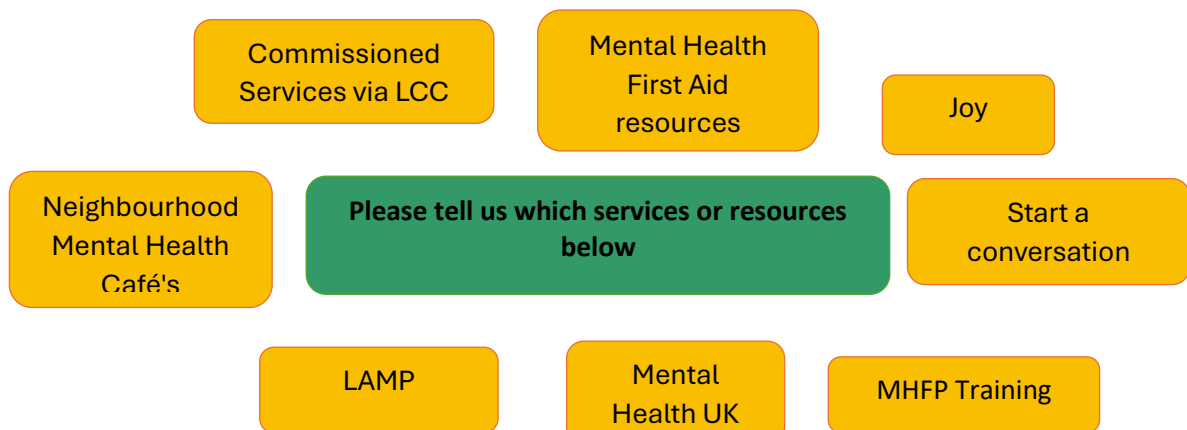
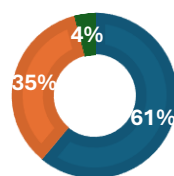
The above graphs reveal that since becoming a mental health friendly place over half of the 23 respondents report an increase in conversations relating to mental health and wellbeing. This rise highlights the programmes effectiveness in fostering a more open and supporting environment for discussing mental health topics. It suggests that the programme has positively impacted confident communication around mental health encouraging more meaningful conversations among staff and customers.

Resources and Signposting



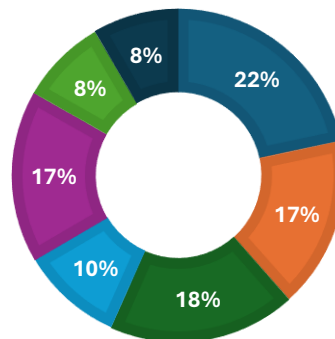
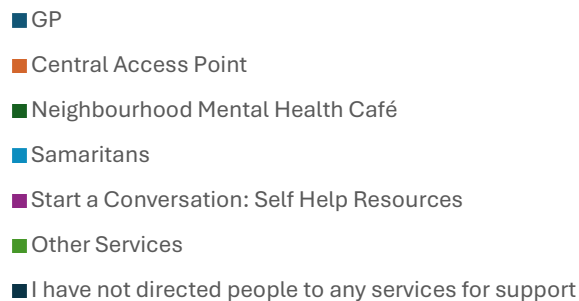
SINCE YOUR ORGANISATION BECAME A MENTAL HEALTH FRIENDLY PLACE, HAVE YOU BECOME AWARE OF ANY ADDITIONAL MENTAL HEALTH SERVICES OR RESOURCES?

■ Yes ■ No ■ Don't know



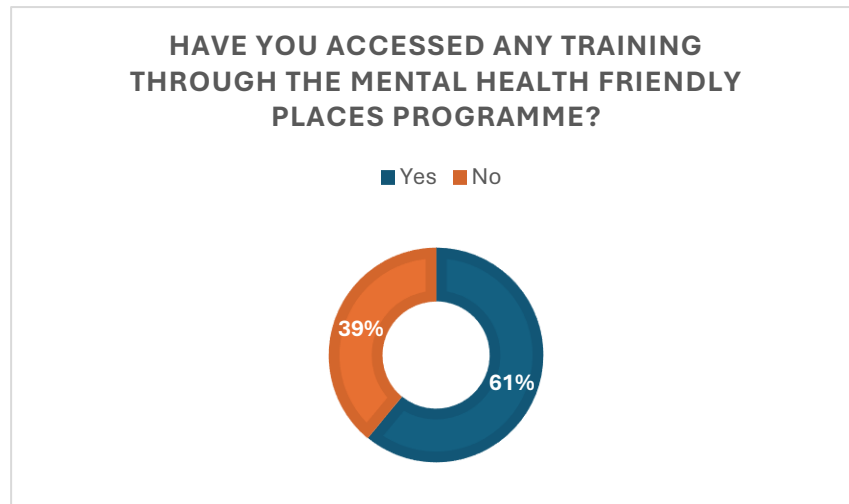
The graphs above indicate that most organisations were already aware of some form of mental health support or resources before taking steps to become a mental health friendly place. However, since joining the programme 61% of organisations report discovering additional services or resources to support mental health and wellbeing. The accompanying mind maps detail these newly recognised services, reflecting an expanded toolkit available to organisations in promoting mental health and wellbeing.

SINCE YOUR ORGANISATION BECAME A MENTAL HEALTH FRIENDLY PLACE, WHICH SERVICES HAVE YOU SIGNPOSTED PEOPLE TO FOR SUPPORT? PLEASE TICK ALL THAT APPLY.

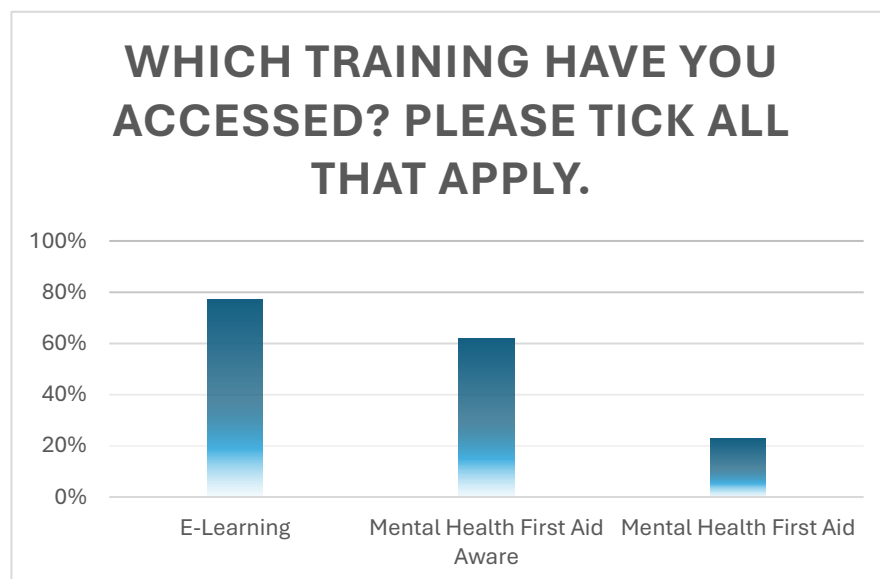


Mental Health Friendly places aim is to empower confident conversations around mental health at a community level and have the tools to signpost for support. The above graph indicates that this is effective as individuals are being directed to local support services when appropriate. Additional services that were identified were bereavement support, Vita Health and Children & Young People services.

Training



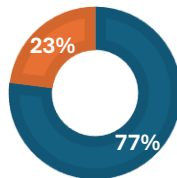
Of the 23 respondents, 61% reported accessing training through the Mental Health Friendly Places programme, while 39% indicated they had not. The reasons for not participating in the training included late release of dates, lack of spare time, already offering similar training inhouse, limited availability of dates and having training scheduled for future dates.



Of the 23 respondents, 77% have completed the E-learning, 62% have completed the Mental Health Awareness and 23% have completed Mental Health First Aid. This indicates a varied level of engagement with the training options offered. This survey was completed prior to the introduction of Samaritans Listening Skills & Healthy Conversation Skills.

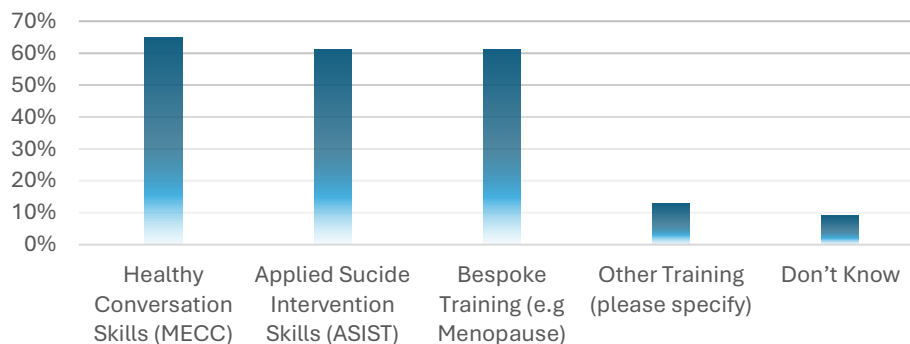
HOW HELPFUL, IF AT ALL, WAS THIS TRAINING IN MAKING YOU FEEL MORE CONFIDENT IN HAVING OPEN CONVERSATIONS WITH PEOPLE ABOUT MENTAL HEALTH?

■ Very Helpful ■ Fairly Helpful



Of the 23 respondents, 77% stated that the training was very helping in increasing their confidence to have open conversations about mental health, while 23% found it to be fairly helpful. The comment suggest that participants felt this way as they learned new information, gained confidence to initiate conversations, stayed up to date with appropriate language, received helpful tips and tools for discussing mental health, and contributed to raising awareness.

WHAT, IF ANY, FURTHER TRAINING WOULD BE BENEFICIAL FOR YOU AND YOUR ORGANISATION TO HELP SUPPORT PEOPLE WITH THEIR MENTAL HEALTH? PLEASE TICK ALL THAT APPLY.

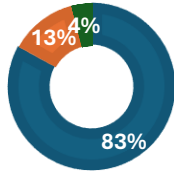


Among the 23 respondents, 65% expressed interest in further training on Healthy Conversation Skills, 61% in Applied Suicide Intervention Skills Training (ASIST) and 61% in bespoke training tailored to specific topics such as menopause, Mens mental health or neurodiversity. Additionally, 13% suggested other training while 9% were unsure.

Supporting local Communities

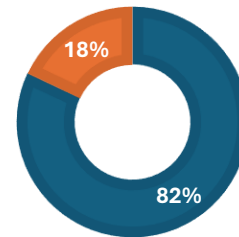
TO WHAT EXTENT DO YOU AGREE OR DISAGREE WITH THE FOLLOWING STATEMENT?
MY ORGANISATION CONTRIBUTES TO IMPROVING AND SUPPORTING THE MENTAL HEALTH AND WELLBEING OF OUR COMMUNITY

■ Strongly Agree ■ Tend to agree ■ Neither agree or disagree



WOULD YOU BE INTERESTED IN LINKING IN WITH PARTNER ORGANISATIONS INCLUDING NEIGHBOURHOOD MENTAL HEALTH LEADS AND THEIR NETWORKS?

■ Yes ■ No



The above graph demonstrates that organisations have joined up to the Mental Health Friendly Places programme to help enhance and support the mental health and wellbeing of their communities. Similarly, 82% of respondents expressed a desire to connect with partner organisations including neighbourhood mental health leads to ensure they are included in relevant networks and strengthen their support offer.