

**SAMARITANS**

# Wellbeing in the City

Creating happier, healthier and more productive workplaces



An online learning tool that brings Samaritans' skills into the workplace: [samaritans.org/wellbeinginthecity](https://samaritans.org/wellbeinginthecity)

In partnership with



## Mental wellbeing at work

- Three out of five people have experienced mental health issues due to work.
- 12.5 million working days were lost due to work-related stress, depression or anxiety in 2016 and 2017.
- Tight deadlines, too much responsibility and lack of managerial support are the main factors causing work-related stress, depression or anxiety.

Samaritans are on a mission to change this. Together, we can create happier, healthier and more productive workplaces, where employees feel supported and where no one has to cope alone.

### A bit about Samaritans

We know that life can sometimes be incredibly tough. Thanks to the dedication of more than 20,000 volunteers, Samaritans can be there for everyone, whatever they are going through and whenever they are struggling to cope.

We're also at the heart of local communities, working with schools, workplaces, railways, prisons and hospitals to offer training and support, preventing suicide and helping people turn their lives around.

Our life-saving work wouldn't be possible without the extraordinary generosity of the public and our corporate partners.



I had a constant feeling of being overwhelmed. I felt like everything was going to come crashing down at any moment. We need to feel more comfortable to put our hand up and say, 'I need help.'

**PAULA BELLOSTAS MUGUERZA**



## What is Wellbeing in the City?

Wellbeing in the City is an online learning tool that gives employees the skills to intervene when someone is struggling, actively listen and manage difficult conversations. It also helps staff manage their own mental wellbeing.

Signing up to Wellbeing in the City can make a big difference to the health and productivity of your workforce.



Anastasia Vinnikova,  
BANK OF ENGLAND

“Despite having introduced numerous in-house training courses on mental health within the Bank of England, sometimes for busy colleagues in fast paced roles it can be daunting to take a lot of time out of their day to complete it. Wellbeing in the City is flexible - the concise and modular nature will mean that each colleague can find a suitable time to complete the training at a pace that works for them.

“The tool will hopefully encourage discussion and improve understanding on how to talk about mental health. I am personally very excited to see it being introduced to the Bank – it is easy to use, sleek and powerful.”

## Why choose Wellbeing in the City?

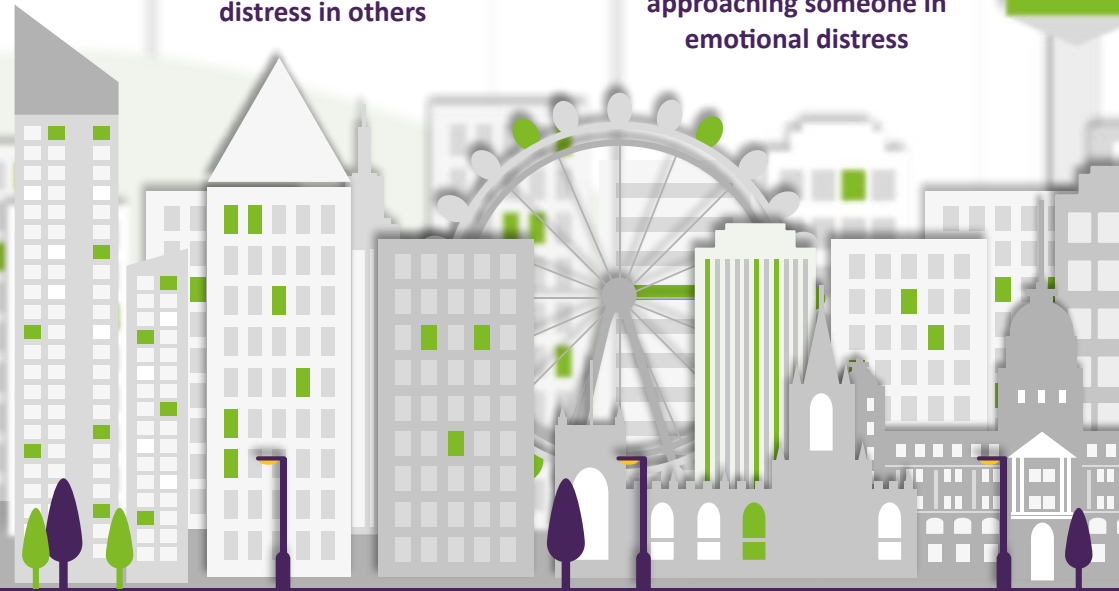
- Cost-effective and flexible learning
- Ongoing support to roll it out companywide
- Increases resilience of your employees
- Improves peer support amongst staff
- Improves employees' listening skills
- Creates a more engaged, productive and supported workforce

**93%**

**say it has helped them  
to recognise emotional  
distress in others**

**90%**

**now feel more confident  
approaching someone in  
emotional distress**





The training was fantastic and very real. I shared it with my team and the wider business as I believe the content could genuinely change (and possibly save) lives.

TRAINING PARTICIPANT



93%

now recognise the importance of looking after their own wellbeing

91%

will apply the skills they have learned in their everyday life<sup>1</sup>

<sup>1</sup>Samaritans survey of people who have completed Wellbeing in the City, June 2018

## Here's how you can get involved



Email the team at [corporateteam@samaritans.org](mailto:corporateteam@samaritans.org) to find out more about Wellbeing in the City and how we can help you roll it out to staff.



**Share this guide** with HR, Learning and Development, Internal Communications and your Mental Health Network (if you have one) to make sure the training is integrated with other wellbeing initiatives.



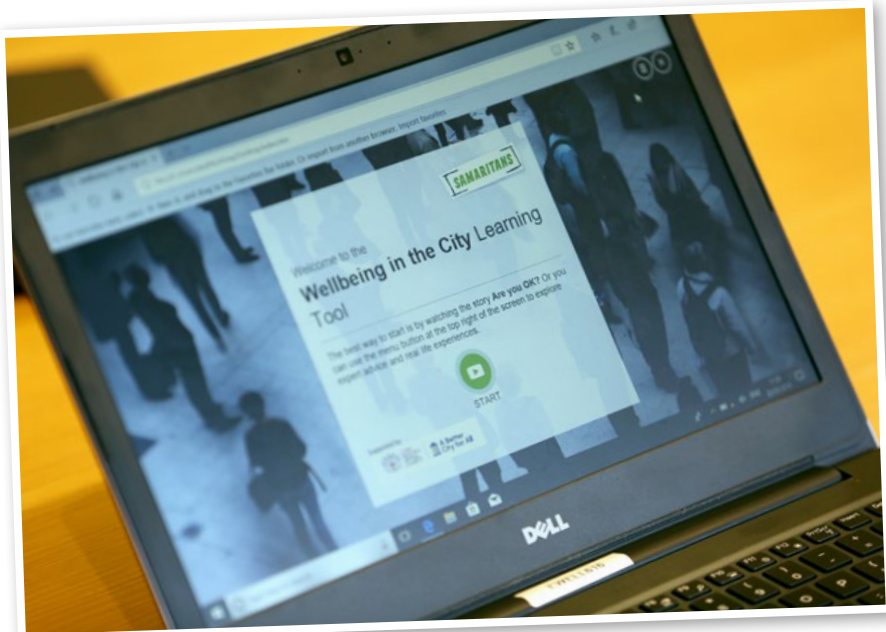
**Develop an internal communications plan** to promote Wellbeing in the City to employees and encourage participation (we can help with that).



**Pick a date and launch** the Wellbeing in the City training to your employees.



**Measure the impact** by tracking the number of employees completing the training. We can help with this.





When the opportunity came up to work with Samaritans, and bring Samaritans' skills into the workplace, I jumped at the chance.

Samaritans has shown us how to demonstrate that we care. Because the reality is, we all do. What I like most about it is it's simple and it's practical.

What Samaritans helped us to do was develop something that was emotional and connected on a human level. It really has been money well spent.

**BEN HIGGIN, PARTNER AT PWC**



## Our corporate partners

We work with organisations across a number of different sectors. Here are just a few of our charity partners:



## Talk to the team

Thousands of people have already joined the movement to create more supportive workplaces. Speak to the team about Wellbeing in the City and our other workplace wellbeing initiatives.



**020 8394 8378**



**corporateteam@samaritans.org**



**samaritans.org/wellbeinginthecity**

**SAMARITANS**