

Networking breakfast — Workplace mental health

'happier@work': Lessons from the United Kingdom

Whether interested in the wellbeing of individuals at work or concerned for the bottom line and productivity of an organisation, mental health in the workplace has growing relevance. Evidence shows that people who experience more positive emotions at work demonstrate better performance, less absenteeism and more positive relationships with colleagues.

Over recent years the United Kingdom has led innovative policy and program development for building individual and community mental wellbeing. As a result, effective interventions tailored to the workplace have been established.

You are invited to hear about the United Kingdom experience in developing and piloting a program, 'happier@work', aimed at improving staff wellbeing within the context of the challenging realities of working life.

About the presenter

Mr Tony Coggins is the Head of Mental Health Promotion, South London and Maudsley NHS Foundation Trust (**SLaM**) Population Mental Health Lead, Maudsley International. His career has spanned over 25 years working in the voluntary and statutory sectors in the UK. His entrepreneurial approach saw him co-founding and setting up STATUS Employment, a charity that has just celebrated its 21st anniversary.

Tony took his interest in the power of employment to promote health and wellbeing into the NHS where he managed the vocational services in one of the UK's largest mental health services. He has spent the past eight years setting up SLaM's mental health promotion service. Key to this has been developing wellbeing services and programs that apply the evidence around promoting positive mental health in both workplaces and communities.

Tony has played a key role in developing the Mental Wellbeing Impact Assessment Toolkit and is one of the original authors.

Date: Wednesday 29 January 2014

Time: 7:30-9:00am

Venue: Royal on the Park,
Cnr Alice and Albert Streets,
Brisbane

To register: 
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**Spaces are limited and
registration is essential.**