



Intellectual
Property
Office

Wellbeing Programme

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Mental Health Initiatives

**Where we started and where we are
now**

Mental Health Strategy



Mental Health Initiatives

- Time to Change Pledge signing
- Manager training courses
- Managers toolkit
- Mental Health Champion
- Time to Talk sessions
- Peer-to-Peer support group
- National Centre for Mental Health

Time to Talk

Don't be afraid to talk about mental health.

Peidiwch â bod ofn siarad am iechyd meddwl.

We're supporting let's end mental health discrimination **time to change** **Wales** timetochangewales.org.uk

Rydym yn cefnogi rhwybodaeth a sefydliadau ar sail lywodraethol **amser i newid** **Cymru** amserinewidcymru.org.uk



Mental Health Initiatives continued

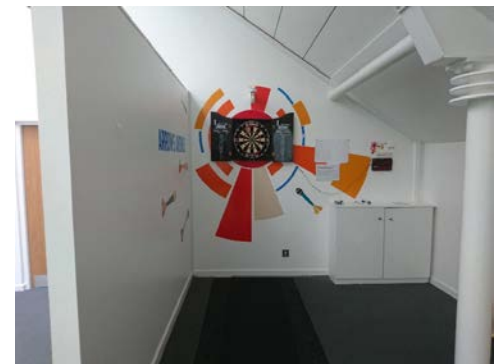
- Awareness training for all staff
- Mental Health Advocates
- Mental Health Champions
- Stories from the Coal Face
- Support for mental health campaigns (e.g. “Movember”)
- The Haven
- Mindfulness

The Haven



Re-signing the Time to Change Pledge

Wellbeing initiatives



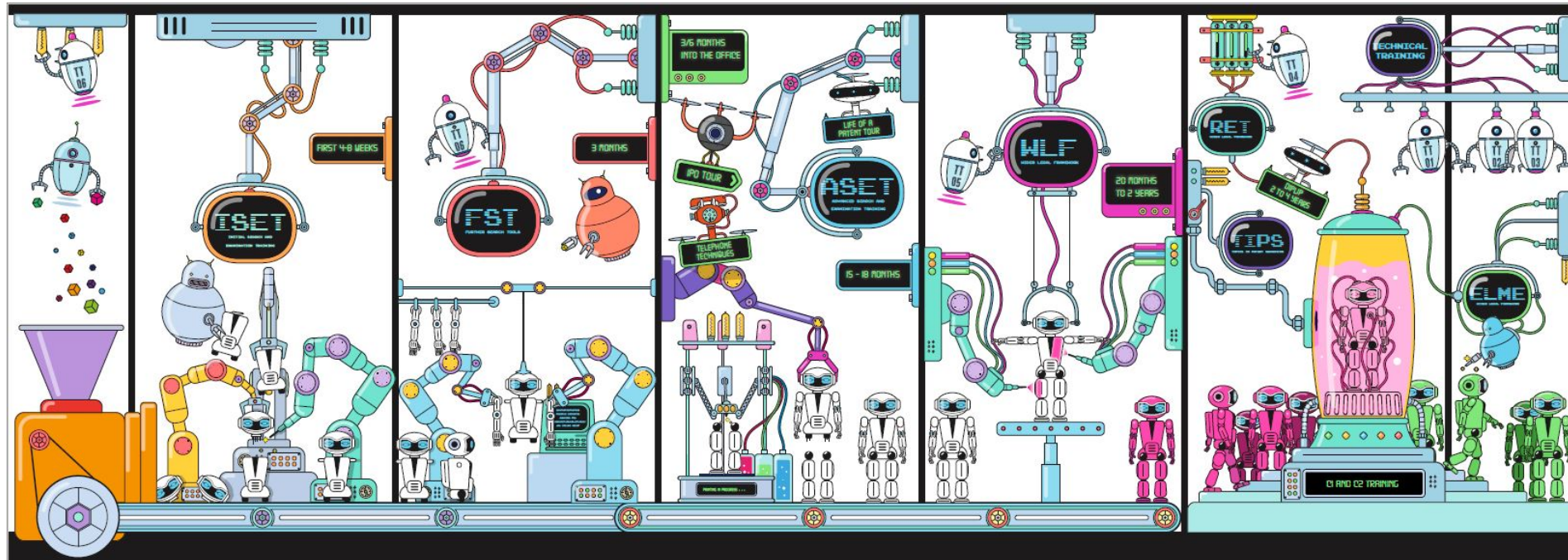
Corporate Social Responsibility



What's next

- Ministerial Target
- MIND – Workplace Wellbeing Index
- Conversation skills training for managers
- More mindfulness
- Develop a partnership with CALM
- Further training for Mental Health Advocates

Patent Examining Mental Health Training



Patent Examining – Mental Health Initiatives

- Training from the Staff Counsellor
- Reward & Recognition Objective
- Colleague Connections
- Support for Managers

Thank You
Any questions?