



IPINCLUSIVE

Working for diversity and inclusion in IP



Jonathan's Voice
Speaking out for mental health

Getting off to a Good Start

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www.jonathansvoice.org.uk

Registered Charity 1180424



Self-care during delivery

If anything raises any distressing issues for you, please take care of yourself during and after, in whichever way suits you best



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Introduction to Jonathan's Voice



Jonathan was a patent attorney in Bristol. On the outside, life appeared to be going well. But a month after his 35th birthday he tragically took his own life on 30th October 2017. An “out of the blue” suicide. Sadly, he had been masking his mental health struggles very, very well.

Shortly after this tragic event his family founded Jonathan's Voice, now a registered charity, to promote better mental health in the workplace.



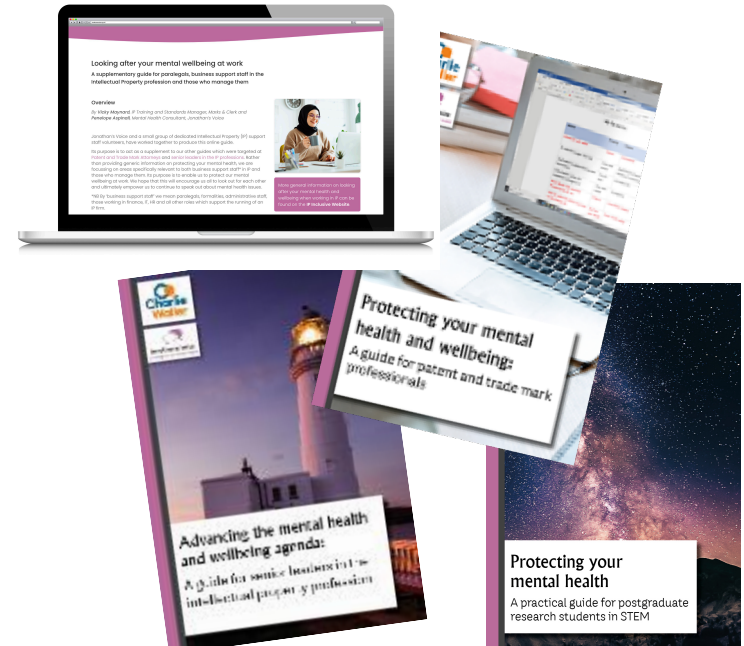
Our Mission

- ▶ To open up the conversation about mental health in the workplace and to provide resources to organisations and individuals in order to support good mental health so all may thrive.
- ▶ Most importantly, we want to break down the stigma which prevents people from opening up about their mental health



What do we do?

- ▶ Because of our history we have a particular focus on the staff working in intellectual property sector and associated professions.
- ▶ We work alongside professional institutions, individual firms and CIPA, CITMA and IP Inclusive to help develop mentally healthy workplaces where all may thrive.
- ▶ We provide workshops, webinars and resources. As a charity, we can offer these free at the point of delivery.
- ▶ We also fund vital research into better understanding of male suicide and preventative steps.



All available to download free of charge from

www.jonathansvoice.org.uk

We depend on your generosity

If you would like to donate or do some fundraising for us please visit our webpages for simple information on how to do this.

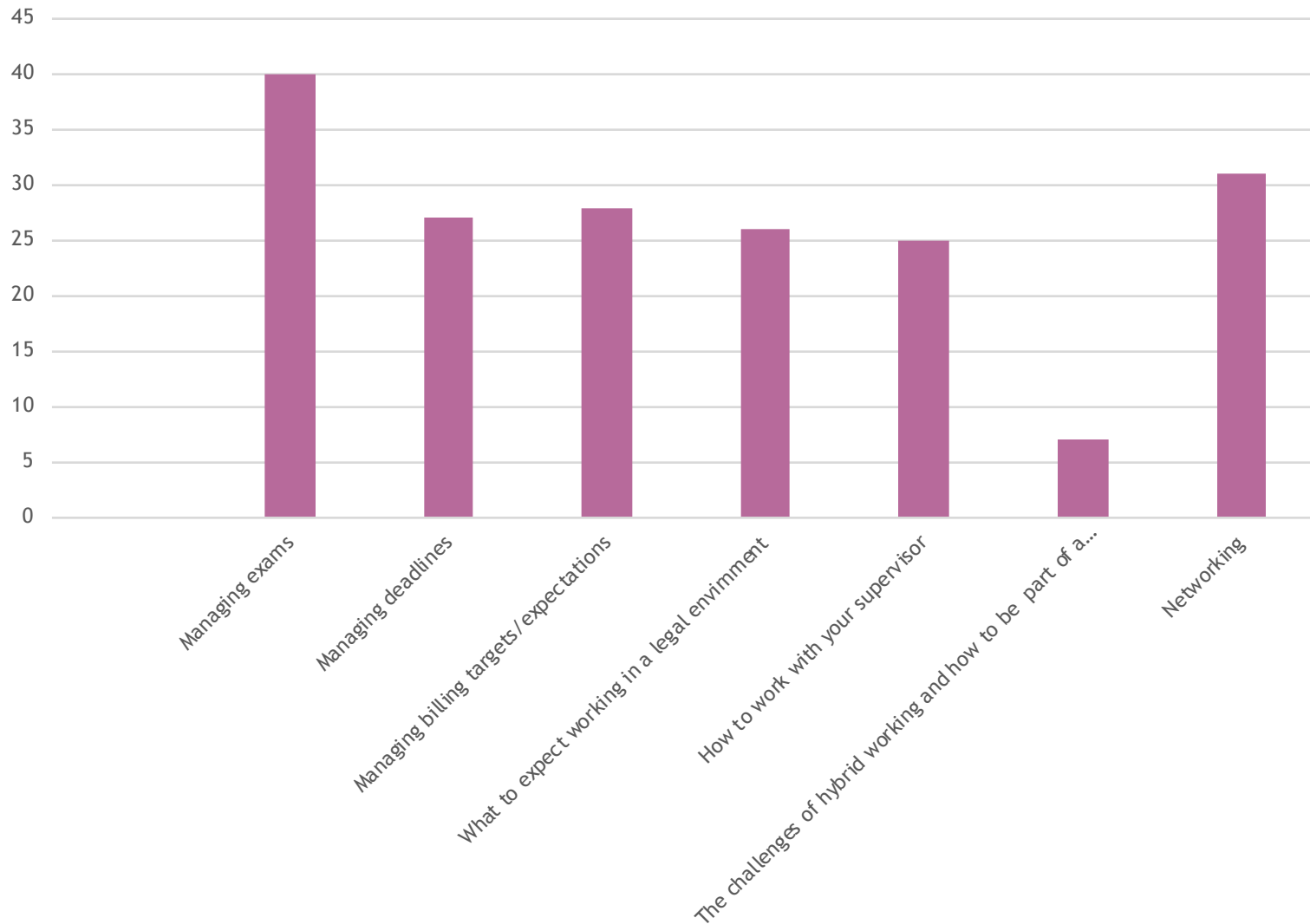
<https://jonathansvoice.org.uk/donate>

<https://ipinclusive.org.uk/ip-inclusive-fundraising/>





Survey results



slido

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install the Slido app on
all computers you use



**How did you feel when
you first started out as a
trainee attorney?**

① Start presenting to display the poll results on this slide.

where to get help or support for informals



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- ▶ The Yellow Sheet Blog (the official blog of the Informals Committee) - <https://yellowsheet.wordpress.com/>. Be sure to sign up to receive legal updates, information about exams and upcoming social events! Here you can meet the team and find all sorts of support and training resources
- ▶ If you are struggling at all, or simply want someone to chat to, please don't be afraid to email informalswelfare@gmail.com to speak to a MHFA.



More support

Listen to “The IP Survival Guide” Podcast by CIPA Informals. Listen Now on Apple Podcasts and Spotify:

- ▶ Apple: <https://apple.co/4d0SayQ>
- ▶ Spotify: <https://lnkd.in/efhWrAyD>

If you have any questions or topics you'd like us to cover, please email us at theipsurvivalguide@gmail.com.



If you need more information about mental ill health

- ▶ NHS and its mental health services <https://www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/how-to-access-mental-health-services/>
- ▶ Mind <https://www.mind.org.uk/>
- ▶ Mental Health Foundation <https://www.mentalhealth.org.uk/>
- ▶ Time to Change <https://www.time-to-change.org.uk/>
- ▶ Scottish Association for Mental Health (<https://www.samh.org.uk/>)



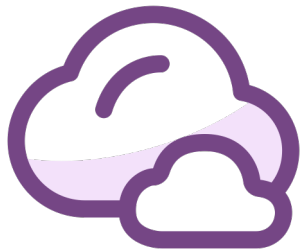
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Insight epi pod casts: Mental Health and the Patent Profession

Course: Insight epi - The podcast for patent professionals |
epi-learning

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**What did you find especially
helpful when you started out?**

Please share at least one tip

① Start presenting to display the poll results on this slide.



More help if you are struggling

- ▶ Your GP or practice nurse, especially if you have physical symptoms that need checking out; in a crisis call 111, 999 or go to A & E
- ▶ Your line manager, supervisor or colleague
- ▶ Human Resources
- ▶ Mental Health First Aider or Mental Health Champion
- ▶ Employee Assistance Programme, if you have one
- ▶ Hub of hope <https://hubofhope.co.uk/>
- ▶ LawCare <https://www.lawcare.org.uk/> 0800 279 6888
- ▶ Samaritans <https://www.samaritans.org/> 116 123
- ▶ Calmzone <https://www.thecalmzone.net/> 0800 585858



Find out more about us

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