

# WORK PLACE PACK

## ABOUT WHOLE HOUR

Each year an estimated **20%** of children and young people worldwide experience mental health difficulties.

With the **#IAMWHOLE** campaign, YMCA are on a mission to tackle the stigma and stereotypes surrounding mental health difficulties so no young person ever feels isolated, marginalised or discriminated against because of their mental wellbeing.

This World Mental Health Day we want people around the world to show their support by taking a **WHOLE HOUR** out of their day to do something to support their mental wellbeing.

By taking a **WHOLE HOUR**, you'll be championing the importance of self care and taking time to look after your mental health.



## JOIN THE MOVEMENT ON WORLD MENTAL HEALTH DAY

On the **10th October 2019**, we want people to take a **WHOLE HOUR** for themselves.

We recognise that everyone is different, and what works to improve one person's mental health, doesn't necessarily work for the next person. However, there are some simple and proven things we can all do to look after our mental health.

Whether it is doing something active and healthy, creative and fun, mindful and thoughtful, or restful and relaxing, there are a variety of things people can do to make them feel good.

There are lots of ways your work place can join people across the world on the **10th October 2019**. To help get you started, we have set out some ideas for things that your work place could do with its **WHOLE HOUR** on World Mental Health Day, no matter what your work place does:

- Encouraging people to turn off their computers and devices
- Creating spaces for people to go to relax and unwind
- Getting people to go out for a walk or do some exercise
- Running mindfulness, yoga or meditation sessions
- Organising team building games and activities
- Encouraging people to partake in team sports
- Providing healthy food or a group meal
- Putting on pamper and relaxation sessions

**Join us!**

World Mental Health Day

**10th October 2019**

POWERED BY:

**YMCA**

PRESENTED BY:

**#IAMWHOLE**

You could also support your WHOLE HOUR activity by putting on mental health awareness sessions and training for staff and volunteers, and making sure they know where to go if they need information, support and advice. But this list is not exhaustive, there are lots of different things you can do at your work place with your WHOLE HOUR.

Your support does not need to stop at doing something within your work place alone. If you want to go further, you could provide opportunities for community volunteering on World Mental Health Day or encourage staff and volunteers to put on their own WHOLE HOUR events and activities in their communities.

You can also help promote and show your support for WHOLE HOUR by downloading and sharing our range of posters, flyers, and digital graphics and banners from [wholehour.com](http://wholehour.com).

By supporting and promoting WHOLE HOUR, you will not only be taking part in a global movement that aims to recognise and champion the importance of self care, you can also increase staff morale, loyalty, productivity and innovation.

## STAY IN TOUCH

Whatever you decide to do on World Mental Health Day, we want to hear from you.

Share your WHOLE HOUR plans and stories on social media using the hashtags #IAMWHOLE and #WHOLEHOUR. If you need inspiration visit [wholehour.com](http://wholehour.com).

The #IAMWHOLE campaign aims to tackle the stigma and stereotypes surrounding mental health and encourage young people to speak out, seek help and get support.

The #IAMWHOLE campaign seeks to tackle stigma in three key ways:

**Talking** - Starting and normalising conversations with young people about mental health

**Educating** - Educating and informing young people about mental health and how to access support

**Sharing** - Encouraging young people to share their experiences of mental health difficulties

Launched on World Mental Health Day 2016, #IAMWHOLE is a youth-led campaign that has reached more than 120 million people, but we want to go further.

YMCA is the largest and longest running youth charity in the world, operating in 120 countries, and reaching 65 million people each year. YMCA works to bring social justice and peace to young people and their communities, regardless of religion, race, gender or culture.

If you want to find out how you can get involved in the #IAMWHOLE campaign beyond World Mental Health Day, you can find out more at [whole.org.uk](http://whole.org.uk) or by emailing [iamwhole@ymca.org.uk](mailto:iamwhole@ymca.org.uk)

Sign the pledge at [ymca.org.uk/wholepledge](http://ymca.org.uk/wholepledge)

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