

The 'heads up' logo consists of a stylized profile of a human head in red. A green hand is shown holding a purple brain inside the head. The text 'heads up' is written in a lowercase, grey, sans-serif font to the left of the graphic.

## heads up

The Coronavirus pandemic has been a very stressful time for a lot of people and the last 13 months have been a testing time for all particularly managing isolation and continued uncertainty.

This uncertainty may lead to us feeling anxious or stressed. There is also some anxiety about returning to the 'new normal'. Managing mental health & wellbeing awareness has never been more important.

Our "Heads Up" tool kit was launched to members in March 2020. The tool kit contains an ever-evolving variety of resources and advice, a library of links and case studies, and signposts to material for improving, maintaining and looking after our health. Our tool kit can help you find ways to look after your mental & physical health during this difficult period.

The beauty of our working group crossing the three associations (AEV, AEO and ESSA) enables us to support workplace well-being widely through the design and delivering of a comprehensive ever-evolving "Heads Up" toolkit to support all levels of our Industry.

Supporting mental health in the workplace is not just a corporate responsibility, there is a strong relationship between levels of staff well-being and motivation and performance. We know that organisations who promote a progressive approach can see a significant impact on business performance, so it's about good business too.

There are many ways to maintain positive mental health and as you will see in this toolkit, there are approaches that organisations can adopt or signpost to, whatever your size and experience. There are simple but effective ways to help those experiencing mental ill health and ensure they can stay in work or return to work promptly and without any stigma.

Whilst we recognise our responsibility to the well-being of our teams, we also want our people to take responsibility of their own mental health.

In the spirit of inclusion, we want to help the wider event industry professionals understand the factors that affect their mental health and to look out for their colleagues. Therefore, the tool kit will be made available to everyone, not just members.

This toolkit is very much a 'live' resource which we can adapt and update with any new initiatives or ideas therefore we welcome your input.

Let's continue to support each other as we have been doing so over the last 12 months.

If you would like to input into this toolkit or contact us feel free to email us via [headsup@aev.org.uk](mailto:headsup@aev.org.uk)

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