



Creating real cultural change in your organisation with an effective wellbeing strategy

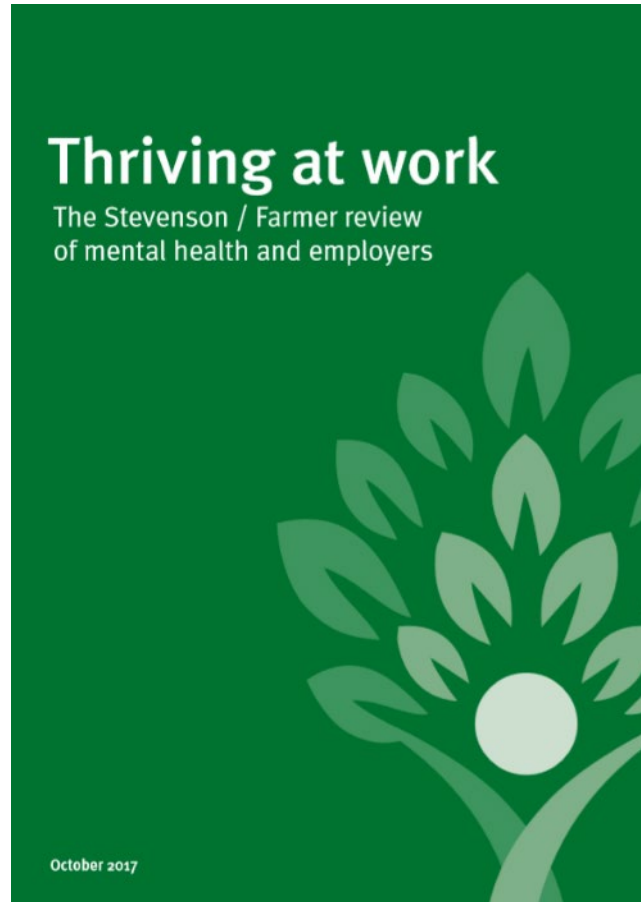
Lloyds Banking Group

Janet Pope - Chief of Staff and Group Responsible Business & Inclusion Director



- **Healthy body**
- **Healthy mind**
- **Healthy work**
- **Healthy finances**
- **Healthy relationships**

Thriving at work



- ““ Around 15% of people at work have symptoms of an existing mental health condition ““
- ““ The cost of poor mental health to the economy as a whole is ... between £74bn and £99bn per year ““

- Thriving at work: The Stevenson / Farmer review of mental health and employers (2017)

Helping Britain Prosper



“ “ As a UK focused retail and commercial bank, we are inextricably linked to the British economy. Our success is the British economy’s success and we are fully committed to help people, businesses and communities in Britain prosper. ” ”

António Horta-Osório, Group Chief Executive



Building resilience in our leaders



Optimal Leadership Resilience Program Delivering Clinical Neuroscience in the Workplace

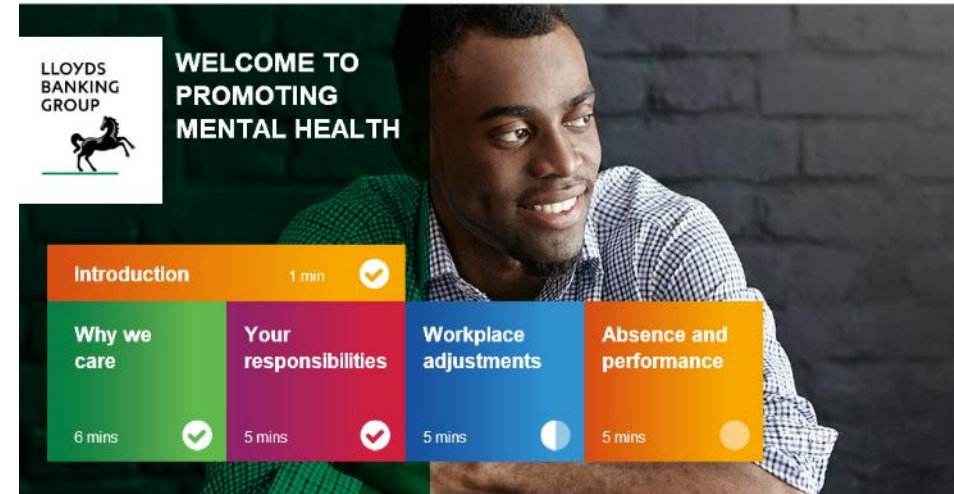


Completed by **200+**
leaders

Support for our colleagues



PROMOTING MENTAL HEALTH



WELCOME TO PROMOTING MENTAL HEALTH

Module	Duration	Status
Introduction	1 min	Completed
Why we care	6 mins	In Progress
Your responsibilities	5 mins	Completed
Workplace adjustments	5 mins	In Progress
Absence and performance	5 mins	In Progress

MENTAL HEALTH AWARENESS

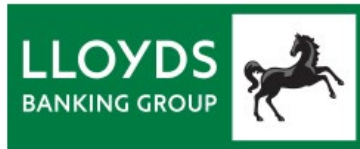


WELCOME TO MENTAL HEALTH AWARENESS PART 1

Module	Duration	Status
Introduction	3 mins	Completed
What is mental health?	6 mins	In Progress
Understanding stigma	5 mins	In Progress
In the workplace	5 mins	In Progress
Mental health emergency	5 mins	In Progress
Common conditions	7 mins	In Progress

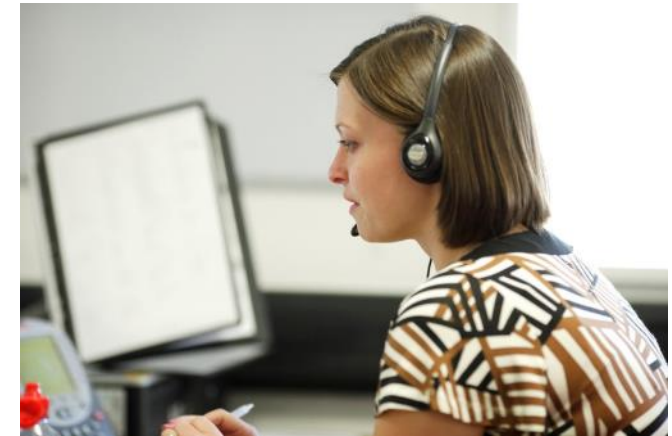


Our charity partnership



Mental
Health
UK

Charity partner



£9m raised by
colleagues since
2017

Targeting **2,500**
trained Mental Health
Advocates by 2021

What have we learned?



- Listening without judgement
- Moments of truth
- Line managers
- Support offered when back at work

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