



Activity 4 – Making your pledge count

What you need

Access to our website www.stampoutstigma.co.uk

How long it takes

20 minutes.

How to do it

Your company has signed a pledge on behalf of all its employees to challenge the use of hurtful and offensive words like 'nutter' to describe people with mental ill-health or learning disabilities. Their pledge also means that they are committed to recruiting and retaining employees with mental ill-health by supporting them in the workplace

Begin a discussion with your team about this – focusing specifically on what you can do locally within your team to help your employer achieve this aim.

Things that as a team you may wish to consider

Could you reach out to a colleague who is depressed or stressed and offer them your kindness and support?

Could you support each other more to enjoy mental well-being – as outlined in Activity 2?

Could you circulate the Sticks and Stones web address to your friends and family and ask them to log on and sign the pledge too?

Could you ask at your child's school if they know about our free lesson plans which are designed to help teachers talk to young people about mental health, learning disabilities and stigma?

Could you ask any of the companies that you do business with or any of your suppliers to become Corporate Partners of the campaign too?

Follow up action

If you have any ideas that you would like to share with us, please email them to michelle.ewen@5bp.nhs.uk so we can offer you further support.

If any of your team would like to know more our schools packs or Corporate Partnership opportunities, telephone Michelle Ewen on 01925 664818 or email michelle.ewen@5bp.nhs.uk