

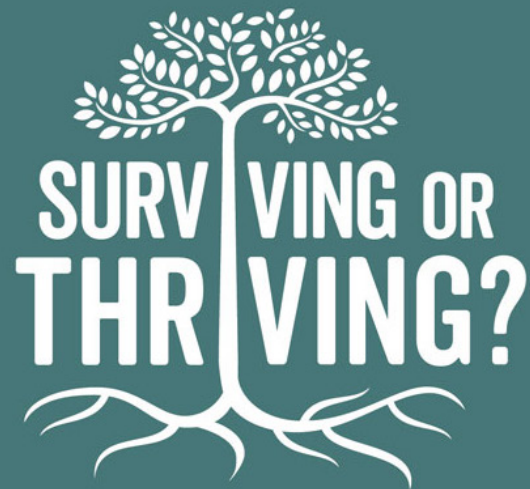


CONFIDENTIAL REPORTING

MENTAL HEALTH AWARENESS WEEK

8-14 MAY 2017

#MHAW17



Welcome to the CIRAS e-letter

In honour of [Mental Health Awareness Week](#), we wanted to share the work we have done to raise awareness and to support conversations around mental health. There's a strong connection between the work we do at CIRAS and mental health in general.

Tips and tweaks to ensure better health

RSSB's Lead Health and Wellbeing Specialist, Stephanie Fitzgerald, lists a few tips and tweaks to ensure better health and to start thriving with better mental health. [Read more...](#)



The mental health elephant in the workplace

Why do we find it so difficult to talk about our mental health at work? In a recent study, nearly a third of 2,000 employees surveyed felt unsure about where to find help or support regarding mental health, or who to talk to.

Labels for mental health illnesses have the potential to both stigmatise and alienate individuals, and nowhere more so than in the workplace. You are either healthy in this respect, or suffer a mental illness of some sort, such as anxiety or depression.

[Read more...](#)

The Link Between Mental Health, Safety and Confidential Reporting

CIRAS contributed to an IOSH Railway Group webinar to look at 'The link between mental health, safety and confidential reporting'. The webinar was designed to raise awareness of mental health in the rail industry and to encourage people to talk about mental health and the possible effects in the workplace and, consequently, on safety.

[Watch webinar here.](#)



Be wary of mental health labels

Labels for mental health illnesses have the potential to both stigmatise and alienate individuals. We can quickly fall into the trap of dichotomous thinking. You have a mental health problem, or you don't and are healthy. [Read more...](#)

Mental health lessons from Germanwings 9525

When 34-year-old Captain Patrick Sondenheimer took the controls of Germanwings flight 9525 on 24 March 2015, nothing could have prepared him for the terrifying situation he would face on the scheduled flight from Barcelona to Dusseldorf.

[Read more...](#)



Helpful links

- [Citizens advice](#)
- [Mind](#)
- [Samaritans](#)

Be wary of mental health labels

Chris Langer (CIRAS) and Monica Monti (Abellio) will be presenting at [IOSH 2017: Transforming health and safety across the world 20-21 November 2017, ICC, Birmingham](#). Their chosen topic is 'The Use of Mindfulness in Health and Safety to Reduce Incidents'. Mindfulness is widely recognised as having a key role to play in mental health.