



Everyone is talking about Mental Health but employers are **STILL IN DENIAL!!**



Mental health is on all our minds these days.

But what is a mentally-healthy workplace?

- **1 in 4** people in Ireland **experience** a mental health difficulty
- **3 in 5** Irish people **stop working** because of mental illness
- **47%** believe that disclosing at work would have a negative influence on their relations with peers
- **57%** believe that **being open at work has a damaging effect on their career**
- **Untreated mental health illnesses**, including depression & anxiety, **costs employers billions!**

In January 2013, Canada became the first country in the world to publish an official set of workplace mental health standards. **It is timely that we have an honest debate about workplace stress or other mental illnesses in the workplace.** The WAM Programme at AHEAD in conjunction with ESB are hosting a **FREE** event – an interactive debate about mental health in the workplace.

Is there enough know-how and information for employers and their management about mental health promotion in the workplace? Are you a graduate seeking employment with a mental health difficulty? Are you a hiring manager? What do you think?

Join us for what is sure to be a stimulating debate taking place from 10:00-13:00 on Dec 12th 2013. This event is free but registration is essential. To register, email wam@ahead.ie or phone 01-7168844.

When?

Thurs Dec 12th
10:00 – 13:00

Where?

ESB, 27 Lwr.
Fitzwilliam St,
Dublin 2

How do I Register?

Send an email to wam@ahead.ie or call 01-7168844 by Dec 9th to register your place
