

WHY GET PSYCHED?

Just like our physical health, our mental health can vary from day to day. While understanding of the importance of good mental health is growing, stigma still exists around episodes of poor mental health.

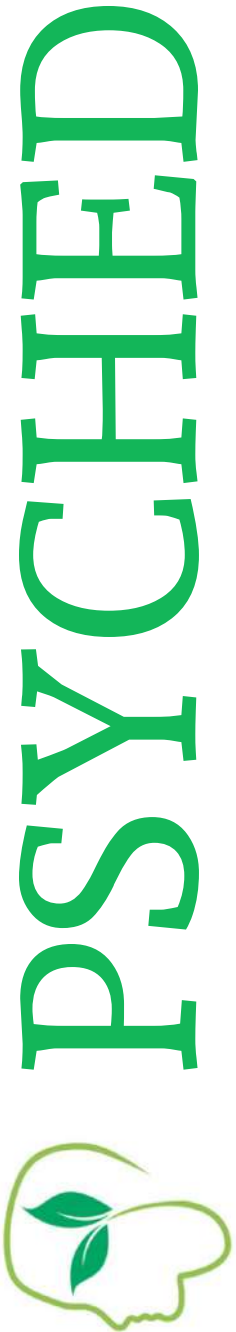
PSYCHED aims to foster understanding of the full spectrum of mental health and to encourage mental health supporting practices in the workplace to benefit employees, employers and the wider community.

WHAT IS PSYCHED?

PSYCHED is a collaborative cross agency voluntary programme drawn from Healthy Cities & Counties, HSE, UCC, Cork City Council and Cork County Council.

HOW DO I GET PSYCHED?

Build understanding, reduce stigma and stimulate conversation around mental health in the workplace.



PSYCHED CHECKLIST - HOW PSYCHED IS YOUR WORKPLACE?

PROMOTION

- I/we understand what PSYCHED is about.
- My/our organisation has reflected on why we want to take part in PSYCHED.
- I/we have reflected on our work environment and looked to make improvements that are within our control.
- I/we have engaged with colleagues / staff to consider changes they would like to make that are within their control.
- I/we have considered opportunities for social engagement in the workplace.
- I/we have availed of opportunities for training and/or development that enhance mental health and wellbeing.
- The Five Tips for Mental Health At Work posters are on display in my/our workplace.
- The Five Tips for Mental Health At Work have been emailed to staff.
- I/we have attended PSYCHED workshops and/or events.

PROTECTION

- I/we understand workplace stressors (psychosocial risks).
- My/our workplace has completed a risk assessment.
- I/we are aware of workpositive.ie.
- As an employee/employer I am happy with my effort to continuously improve the work environment.
- I feel able to speak to my employer/manager/employee about any issues or concerns I may have.
- It is possible to have open discussion about workplace issues or challenges.
- There is an openness to optimise work patterns and worklife balance as much as possible in my workplace.
- I/we have considered workplace stressors from multiple perspectives such as: (where applicable)

- Employee
- Employer
- Manager
- HR / OH personnel
- Self-employed
- Contractor

SUPPORT

- There are mental health promotion champion(s) in my/our workplace.
- Participation in freely provided programmes such as SAFE TALK, ASSIST, Mental Health First Aider etc. is encouraged.
- Ways to best support a colleague recovering from a period of poor mental health have been considered in my/our workplace.
- I feel comfortable to speak with a colleague who has experienced a personal trauma and acknowledge what they have been through and offer appropriate support.
- I/we are aware that PSYCHED offers a training on what to do and/or how to respond to a colleague experiencing mental health issues.
- There is a good understanding and working knowledge of mental health conditions in my/our workplace.
- I feel that I have a good understanding and working knowledge of mental health conditions?
- I am aware of and have read through the resources available on yourmentalhealth.ie.