




MENTAL HEALTH ALLIES



Local Action Plan



Regular activities

Date of meeting	Action	Task	Ally responsible	Date required	Progress
26 th June	Host Open Door Sessions				
28 th July	Circulate action plan				
24 th October	Set up MHA email in box locally for enquiries				
Monthly	Refresh local/virtual noticeboard				
Monthly	Schedule/join reoccurring monthly meetings				
January	Review people survey results				
February	Circulate quiz re mental health				
April	Survey to understand what is needed from MHAs				
April	Local comms re stress awareness				
Ongoing	Join local team and manager meetings/champion/wellbeing meetings to promote MHAs				

Office training sessions/events

Proposed Events	Tasks	Ally	Date needed	Completed	Notes
Managing Stress and Anxiety	Consider setting up training event Prep materials Complete event Repeat session requested Planning Delivery		May		booked to deliver in HH on 13 Sept.
Suicide Awareness	Contact relevant trainer and organise session Deliver event		Sept		Event proved too expensive – posters provided for International Men's Day
Tea & Talk – Mental Health Awareness Week	Schedule virtual session Comms Source presenter		February		

Communications strategy/Info sharing

Intranet article			
Blog			
Managing Stress			

