

# Day of Action on Mental Health – 10 October 2023

It's good  
to talk

## Campaign Briefing

**Usdaw is once again organising a co-ordinated Day of Action on Mental Health on Tuesday 10 October to mark World Mental Health Day. World Mental Health Day takes place on the same day each year and aims to raise mental health awareness around the world.**

Usdaw reps are supporting members with their mental health at work every day of the year. The Day of Action gives the Union another opportunity to let members know that if they are experiencing problems with their mental health and those problems are impacting upon their performance, attendance or conduct at work then we can help.

We'd really appreciate your help in getting the message out on World Mental Health Day that mental health is a workplace issue. You can do as much or as little as you like. Getting involved on the day doesn't have to be hard work! Small things can make a big difference when it comes to mental health.

Below is a list of some of the things you can do to support the Day of Action on 10 October. Some only take a couple of minutes, others take a little longer. You can pick and choose. You can do one thing or you can do them all!

- Talk to your manager about setting up a Day of Action Campaign stand in your workplace. If you come up against any problems, get in touch with your Area Organiser.
- Display the leaflets and [poster](#) on your workplace noticeboard.
- Run the [survey](#) in your workplace and share the anonymised results with your rep team, your manager and the Union.
- Share a tweet on the day.
- Sign up for one of Usdaw's [online mental health awareness courses](#).

Use the order form to order campaign materials.

Visit: [www.usdaw.org.uk/MHOrder](http://www.usdaw.org.uk/MHOrder) to order online or print and post your form back to Usdaw free of charge, just write FREEPOST USDRAW on the envelope and put it in the post.

The Union knows that Usdaw reps are talking about mental health in the workplace with members and managers not just on one day of the year, but throughout the whole year. Usdaw's Day of Action on Mental Health doesn't change this but runs alongside it. You can support the Day of Action on 10 October and/or organise campaign activity and talk about mental health at other times of the year too.

## Key Messages

### 1. Small Actions Make a Big Difference

Organising campaign activity on mental health in the workplace, no matter how small the actions, can make a big difference.

- It helps to tackle the ongoing stigma that still surrounds an issue that affects us all and keeps the conversation about mental health going throughout the year.
- It lets members know that where work might be impacting on their mental health or where their mental health might be affecting them at work (for example impacting on their attendance or performance) then we can help.
- Although we can only help with problems at work, we can signpost members to independent, support organisations where their mental health is affecting their life outside of work.

### 2. Mental Health is a Workplace Issue

The Day of Action gives the Union another opportunity to highlight the fact that mental health is a workplace issue. Although more people now feel able to open up about their mental health than a decade ago, Usdaw members may not realise that they can talk to the Union about these issues.

This means that members might not talk to their Usdaw rep at all, or might leave it until the last minute, by which time they could be facing disciplinary action. We want to encourage members to remember to talk to Usdaw sooner rather than later.

### 3. Being in a Union can be Good for Your Mental Health

Usdaw reps are talking about mental health and support members at work every day of the year. These conversations aren't and shouldn't be confined to one day, or one week of the year. The Day of Action to mark World Mental Health Day gives us another chance to raise awareness of mental health and what the Union can do to help, but it doesn't stop reps from talking about and campaigning on mental health throughout the rest of the year.

**Usdaw's 'It's Good to Talk' campaign materials are free and available to order any time.**

#TalkToUsdaw

[www.usdaw.org.uk](http://www.usdaw.org.uk)



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