



Jonathan's Voice

Speaking out for mental health

www.jonathansvoice.org.uk

Workplace engagement – working with the legal sector

Graham McCartney Trustee of Jonathan's Voice

NSPA Annual Members Meeting

London

11th June 2019

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Why are we here? Our Story



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The Road to Becoming a Charity



- Submitted application to Charity Commission on 22nd April 2018.
- 8 week time to process application became 12 and then 16
- Response on 29th August and 2 weeks to provide replies to questions!
- Since 22nd October 2018 we are a registered charity.
- Also now a member of the National Suicide Prevention Alliance

What we're doing as a Charity

Objects, outputs and outcomes!



- Increasing the understanding and awareness of suicide risk, particularly in young professional people, with a view to reducing stigma and empowering individuals to speak about mental health
- Educating organisations, particularly in the legal professional environment, for to encourage them to create the right mental health support structures, policies and practice for employees
- Providing workshops which inform them of the risk of suicide and of the need for mental health initiatives

Why are we working with this sector?



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We are actually working with a sub-set of the legal profession known as the Intellectual Property professions – patent and trademark attorneys.

Why this group?

1. There is clearly a need – workplace surveys on mental health and well being by IP Inclusive and Junior Law Society
2. We have a wide range of contacts with professional bodies and individual firms – doors are open through personal contacts
3. Many firms have relatively small numbers of employees and lack resources for EAP or extensive HR support
4. Early career graduates entering the profession face professional examinations that are widely regarded as amongst the most difficult so they are subject to especially stressful situations

Junior Lawyer's Division – Resilience and Wellbeing Survey 2019 ca. 2000 respondents

Causes of stress

- **High workload and client demands/expectations** remained the most frequently cited causes of work related stress, although the proportion of respondents giving these responses were down on 2018 figures.

Impact of stress

- Most commonly cited experiences of work-related stress were **disrupted sleep (66%)** and 'negative impact on mental health (anxiety, emotional upset and fatigue, negative and depressed thoughts, self-harm)'.

Employers

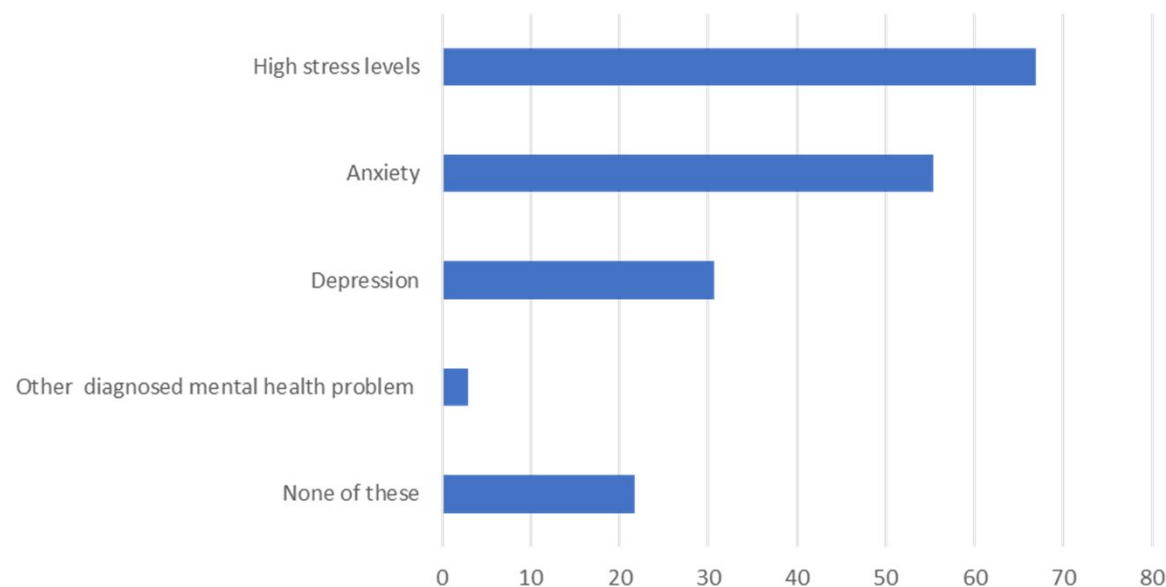
- **Over three-quarters (77%)** of respondents thought their employer could be doing more to provide help/guidance/support to employees in relation to stress at work.

Mental Health – IP Inclusive/CIPA survey 2018



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Factors adversely affecting work - percentage of respondents



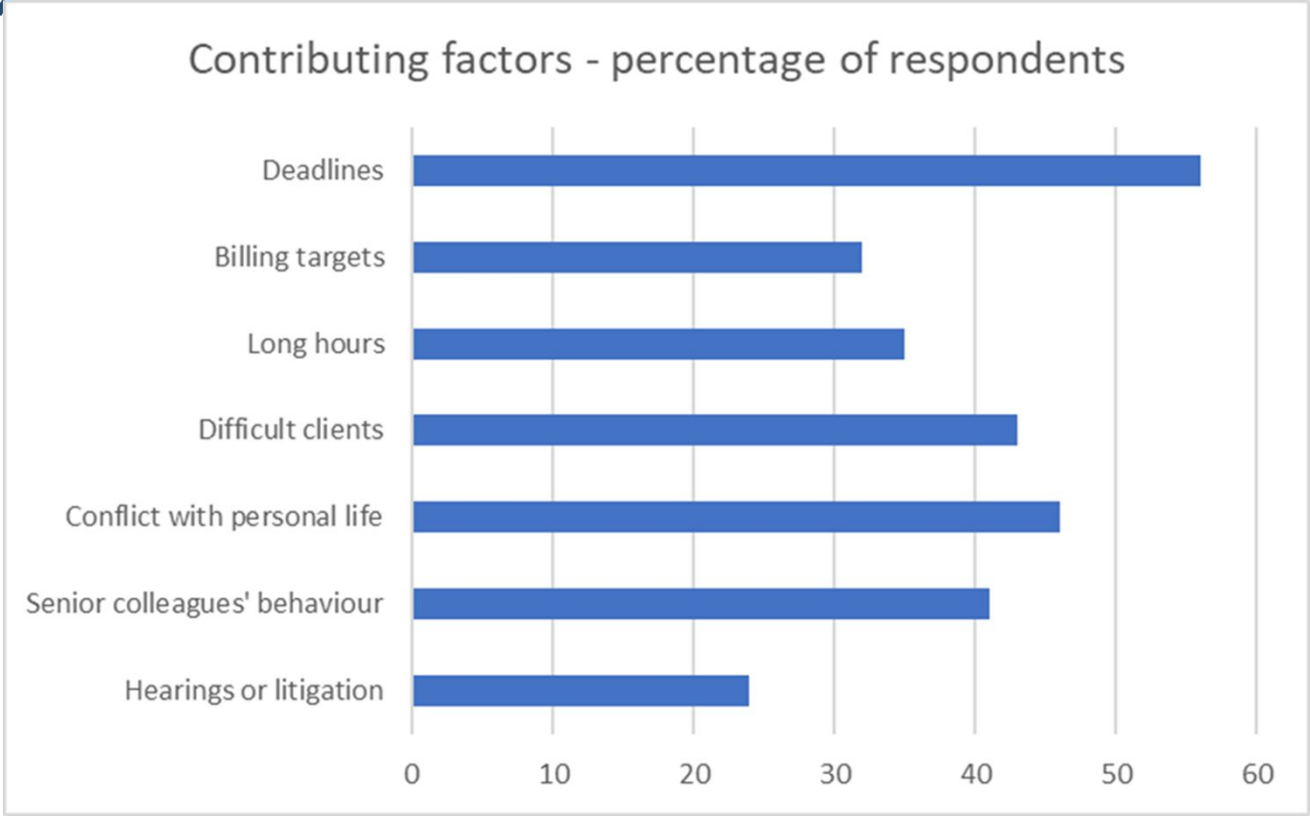
Report of IP Inclusive & CIPA survey for Mental Health Awareness Week 2018, <https://ipinclusive.org.uk/wp-content/uploads/2019/01/1809-ip-inclusive-mental-wellbeing-survey-report.pdf>

Mental Health – CIPA survey 2018



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What progress have we made?



<https://ipinclusive.org.uk/>



KEY PARTNERS providing a gateway to professional bodies (eg Chartered Institutes) and individual firms

IP Inclusive is a collection of individuals and organisations in the intellectual property (IP) sector, who have come together to make the IP community more inclusive, diverse, open and fair. It is run by the sector, for the sector on a voluntary basis.



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What progress have we made?

- Website portal on mental health and well being
<https://ipinclusive.org.uk/resources/>
- Webinar in MHAW 2019 reached some 100 individuals across the UK
- Putting on awareness raising events across the UK for individual firms and on a regional basis eg Sheffield, Bristol, Greater London, Birmingham
- Promoted a pilot in MHFA Training
- Seminars/talks for trainee patent attorneys



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Future plans (in collaboration with others)

- To develop bespoke guides and leaflets on mental health topics which will be relevant and engaging to this sector
- Deliver workshops addressing mental health issues and suicide prevention

www.mentalhealthatwork.org.uk/

www.mentalhealthatwork.org.uk/smallworkplaces

www.cwmt.org.uk

What else.....



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Outreach and raising awareness – taking opportunities when they arise!

Talks/materials based around Jonathan's story have been presented

- Nottingham Forest – match day programme
- BBC Radio Nottingham
- BBC News Website
- Card Factory – World Suicide Prevention Day
- EDF Energy - mental health awareness day



Card Factory



**Nottingham Forest
Community Trust**

Nottingham Forest Community Trust



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GRASSROOTS NEWS

OFFICIALNFFC OFFICIALNFFC OFFICIALNFFC NFFCTUBE 00/00

Nottingham Forest Community Trust

COMMUNITY PARTNERS

EPA TRUST Premier League

SPEAK OUT FOR MENTAL HEALTH!

Meet Jonathan. He loves the great outdoors, will BBQ virtually any food and has proudly worn his Forest shirt on every holiday we've been on.

He's supported Forest since he moved to Nottingham in 1992, always reliving the glory days and never short of a Cloughie quote (always done in a Cloughie voice). He had a season ticket at The City Ground until he moved to Bristol in 2010.

Jonathan has always been up for a laugh. He had a good job, wife and great mates. He worked hard but played hard too. He was always willing to help others - whether they were moving to a new house or building furniture and he loved a bit of DIY. He wasn't much of a footballer himself, but he was devoted to Forest.

Unexpectedly, in October last year, Jonathan took his own life at the age of 35.

It was a shock to everyone around him - he hadn't been depressed, he had never talked about taking his own life and nothing had changed in his life to make his friends and family think he might. His note said that he felt he couldn't cope and he didn't think he could be happy.

Jonathan's death has truly devastated our family and friends. Losing him in such awful circumstances has been the worst time of our lives. It is truly a terrible waste.

Sadly though, Jonathan's story is not unusual. On average, 84 men take their own lives every week in the UK. Shockingly, suicide is actually the biggest killer of men under 50 and the leading cause of death in both men and women aged 15 to 24. Yet we're not doing enough to prevent it.

No matter how okay things seem on the outside, anyone can have these feelings and the people who stand the most chance of preventing suicides are ordinary people - the friends, family, colleagues and neighbours of those whose lives are at risk.

No-one needs to suffer in silence. Support is available and there are others who will have been through similar experiences. Just talking about it can really help.

Jonathan Speaking out



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Nottingham Forest programme plea after fan's suicide

28 April 2018

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Cesar Sayoc, 56, is charged with a bombing campaign against President Trump.
1 hour ago

Pair guilty over terrorism death
6 hours ago

Nottingham Forest Community Trust



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“It’s Tricky to Talk campaign” – launched May 1st 2019

- Released 3 videos eg <https://vimeo.com/332529196/6cb6583632>
- Radio, TV and social media
- Match Day profile with tee-shirts sold and funds ploughed back into further mental health work at the trust

The screenshot shows a Google search for "its tricky to talk". The search results include:

- Nottingham Forest Community Trust - It's Tricky To Talk - Nottingham ...
<https://nottinghamforestcommunitytrust.co.uk/programme-category/its-tricky-to-talk/>
Nottingham Forest and Nottingham Forest Community Trust are working together on this programme to encourage fans to talk more openly about mental health ...
- It's Tricky To Talk - Nottingham Forest Community Trust - Nottingham ...
<https://nottinghamforestcommunitytrust.co.uk/programme/its-tricky-to-talk/>
28 Feb 2019 - Nottingham Forest and Nottingham Forest Community Trust are working together on this programme to encourage fans to talk more openly ...

Under the "Videos" section, three video thumbnails are visible:

- Nottingham Forest - It's Tricky to Talk (Facebook - 3 May 2019)
- 'It's Tricky to Talk' (NFFCTube Video Search Engine - 14 May 2019)
- Nottingham Forest FC on Twitter: "It's Tricky to Talk #NFFC and @NFFC_Community are working together t..." (Twitter - 1 May 2019)

Support

Fundraising



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AND FINALLY

I'm here to learn how to make our work sustainable and have a lasting impact

If you would like to offer suggestions, to collaborate or to simply find out more please email me at trustee@jonathansvoice.org.uk