



Welcome

Investing in mental health and wellbeing is the focus of our latest Workplace Health Insights series — because creating a positive workplace culture and providing tailored support will not only help to build effective teams, it has been shown to boost productivity by up to 12%.¹

The business case is compelling. Analysis shows that every £1 invested in workplace wellbeing delivers a return of £5,² and it delivers almost twice that amount when it's used to train and equip line-managers.³

Our experts share insights and strategies to embed the policies and practices that will deliver meaningful change to mental health in the workplace. We unpick the specific challenges around men's mental health and support-seeking behaviour and explore the importance of upskilling line-managers.

And we signpost the resources and tools needed to promote good mental health and provide tailored and easy-to-access support when team members need it.

Re-watch the latest LIVE event

During this session our experts discussed how businesses can engage hard to reach employees, in particular men who are less likely to seek support, with mental health initiatives. The panel explored how

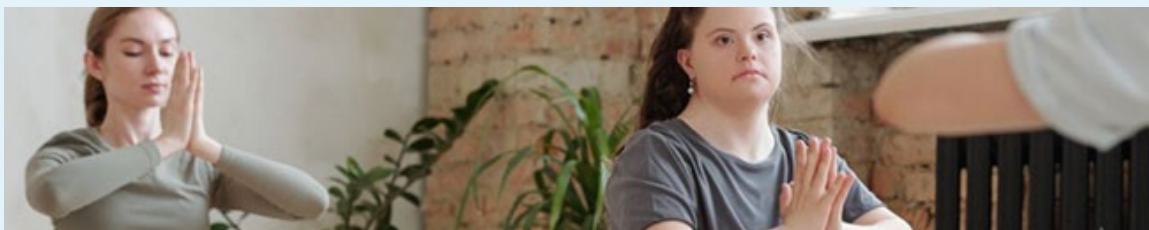
businesses can work harder to dial up their engagement and how the power of prevention can reduce the impact and severity of mental health whilst boosting wellbeing, productivity and performance.



Tackling the crisis in men's mental health

Traditional views of how men should behave can prevent them from seeking mental health support.⁴ Ruth Pott, Head of Workplace Wellbeing at BAM UKI&IRL explains how the construction firm address this with welcoming spaces and effective conversations.

[Find out more >](#)



Investing in mental health is a priority

Every £1 invested in mental health support will return £5⁵ because embedding workplace wellbeing boosts productivity by up to 12%.⁶ Learn more about the latest digital programmes, tools and resources that will deliver meaningful change.

[Find out more >](#)



Upskill managers to support mental health

Managers are at the frontline of workplace wellbeing and have the same impact as partners on mental health.⁷ But 46% are considering quitting due to work-related stress.⁸ Discover evidence-based strategies to upskill and empower these key team leaders.

[Find out more >](#)

Want more insight?

Take a look at our Workplace Health Insights page where you will find the latest healthcare trends, interviews with medical experts and global leaders as well as specialist insight from Bupa: all designed to keep you and your organisation one step ahead.

[Find out more >](#)

The download

Here's a few of our favourite resources for you to read and share.

Report: Get It Off Your Chest – Mind.org

[Read more >](#)

Article: A silent crisis

[Read more >](#)

Guide: How to support mental health at work – Mental Health Foundation

[Read more >](#)

Article: Mental health and employers: refreshing the case for investment – Deloitte

[Read more >](#)

Resource: Introduction to mentally healthy workplaces – Mind.org

[Read more >](#)

Guide: How to implement the Thriving at Work mental health standards in your workplace – Mind.org

[Read more >](#)

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Explore our Academy

Watch the latest bitesize Academy module: Supporting Men's Health in the workplace. Hear how organisations and line managers can best support men's health in the workplace and the different ways they can help men be more open about their mental wellbeing and to seek help when they need it.

Watch now >

Workplace
Health and Wellbeing Academy

We'd love to hear what you think

If you have any feedback or ideas of what you would like to see in future editions of Workplace Health Insights, please get in touch at: healthinsights@bupa.com

Contact us

Workplace
Health Insights

Future insights for the
workplace of tomorrow

- 1 <https://www.mentalhealth.org.uk/explore-mental-health/publications/how-support-mental-health-workk>
- 2 <https://www2.deloitte.com/uk/en/pages/consulting/articles/mental-health-and-employers-refreshing-the-case-for-investment.html>
- 3 [https://www.thelancet.com/journals/lanpsy/article/PIIS2215-0366\(17\)30372-3/fulltext](https://www.thelancet.com/journals/lanpsy/article/PIIS2215-0366(17)30372-3/fulltext)
- 4 <https://committees.parliament.uk/publications/9188/documents/159775/default/>
- 5 <https://www2.deloitte.com/uk/en/pages/consulting/articles/mental-health-and-employers-refreshing-the-case-for-investment.html>
- 6 <https://www.mentalhealth.org.uk/explore-mental-health/publications/how-support-mental-health-work>
- 7 <https://www.ukg.com/resources/article/mental-health-work-managers-and-money>
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