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# “All that we go through”

Looking after the mental health of comms professionals

Just one comms person, joining those who are giving  
mental health in our industry a voice

@leanneehren


Leanne Ehren MCIPR

Listen... these are  
your words

## So, have you?

- ▶ Have you or a colleague in your comms team ever experienced negative mental health owing to work?

### Use event app to vote!

- ▶ Download the “Topi” app 
  - ▶ Sign in with your email / facebook profile
  - ▶ Add the event “**GranicusUK**”
  - ▶ Go to my talk on the “Agenda”
  - ▶ Answer the question
- (your response is anonymous)

“One in six PR professionals (16%) report living with a mental health condition - an increase of 10% from last year's research”

CIPR State of Profession 2018

**“Mental illness in the public relations profession is frequently ignored”**

Key finding of #FuturePProof project for the PRCA: Exploring the mental wellbeing of the public relations profession

# Contributing factors

- ▶ Our 24/7 online world
- ▶ Mobile devices muddying the waters
- ▶ Long hours, deadline driven
- ▶ Doing more with less
- ▶ Organisational culture
- ▶ Poor leadership
- ▶ Lack of respect and understanding for comms profession

And these are only the work-related ones!

# Organisations are doing great stuff

“Wellbeing should be part of your job, not part of your down time”

- ▶ Wellbeing walks, meditation, wellness sessions and activities during core hours
- ▶ Peer advisors
- ▶ Managers encouraged to log time spent on staff wellbeing activities
- ▶ Banning lunchtime meetings and out of hours emails (when not business critical)
- ▶ Encouraging staff to work, create and deliver off-site
- ▶ Specialist networking groups; single-sex, LGBTQ+, mental health groups
- ▶ Staff subscriptions to meditation apps

# Your response

What are you doing to look after yourself?



# Look after yourself and those you work with

- It's OK not to be OK - reach out
- Chat to peers on **Public sector comms headspace**
- Share your experiences, solutions and what your organisation is doing on World Mental Health Day - October 10<sup>th</sup>

Some useful links:

<https://www.mind.org.uk/>

<https://www.headstogether.org.uk/>

<https://www.samaritans.org/>

