



BE YOURSELF, MAKE A DIFFERENCE

VIDEO TRANSCRIPT

In our lives
1 in 2 of us will be affected by Mental Health
And 1 in 4 of us every year
41% of us will feel too ashamed to ask for help
47% will worry that asking for help will impact
their career
But getting the right help quickly can make all
the difference
It's all about making it safe to talk
Making sure everyone knows where to go for
help
We give our allies training
To guide them
We made them visible
So seeing a mental health ally lanyard lets you
know they're an
Ambassador
Advocate
Ally for mental health
With over 1,300 allies in the UK trained since
2014
And an aim to have 20% of our people in the
programme by 2020
We're building the workplace where you can
Be yourself, make a difference

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