



MIND YOUR HEALTH UK

VIDEO TRANSCRIPT

Text: Equality = Innovation

[00:00:10] What we know from our research this year is that when you have a more equal culture there is more innovation more of something called an innovation mindset and when you look at what we mean by a culture of equality it is that you are able to be yourself at work.

[00:00:25] A strong mental health programme in an organisation creates an open dialogue on a difficult subject the effects everybody.

[00:00:37] So, in 2015 I found myself in a university lecture hall and I had what I now know to be a panic attack.

[00:00:45] There's nothing more powerful than people standing out there you know what I felt and found it difficult and to share some of the things that they did to help themselves.

[00:00:53] So, I joined Accenture within the last year and I joined the company because I knew they had an outstanding mental health allies programme.

[00:01:01] I'm an absolute advocate of it. I think it's been transformational in our business.

[00:01:06] What I am is that go to person and if anyone has any mental health concerns then they come to me.

[00:01:12] The allies are people who have put the hand up and said I want to learn more about this.

[00:01:18] I want to be that person who people can go to as a source of information as an open individual.

[00:01:28] The Allies themselves have been a strong influence in changing some of the ways we do things at work.

Text: Research shows that mental health matters affect 9 in 10 people. Not 1 in 4 as commonly thought.

[00:01:43] What you see in the press quite often is the figure of 1 in 4. 1 in 4 individuals affected by mental health challenges and what we discovered was in fact that figure is 9 out of 10. When it comes to mental health I have one ambition and that is to make it safe for everyone at Accenture to feel that they can talk about their mental health at work.

[00:02:01] As a result of this experience as a result of being mindful of my mental health it's allowed me to actually be open and honest about that sometimes I might have a wobble and letting my team know has really helped me get to the position I'm in today and to support others.

[00:02:19] I'd love even more people to come and talk about I think there's a lot more people that can share their stories.

[00:02:25] Being an ally is important to me because I'm now at a stage in my life where I can be my complete true self at work.