



MEET ROXANNE AND JAMES: MENTAL HEALTH ALLIES

VIDEO TRANSCRIPT

James: My name is James and I am a mental health ally.

Roxanne: My name is Roxanne Chandler and I am a mental health ally.

James: I went through my own spell of anxiety depression while at Accenture about 3 or 4 years ago. And the support that I got was quite fantastic and I wanted to make sure that I could do what I could to not only help others if they're in that situation but maybe try and prevent others from falling into the same situation as well.

Roxanne: Even if it's just to have a coffee or a chat just noticing that they might be struggling a bit and might be open to some help.

James: Most important is listen, be there for them, encourage them that what they've done is completely ok to do in reaching out, and it's a brave thing, and that they aren't a failure for going through these challenges.

Roxanne: Keep diminishing the stigma around mental health.

James: It's ok for people to talk about it, and for people to bring their true selves in, and let everyone know if they're not going through a good time.