



PRESS INFORMATION

Embargoed until: 00:00 hours Tuesday, 22 November 2016

London leads the way with research into the mental health of City workers

Tomorrow (Wednesday 23 November 2016) over 250 delegates attending the fourth annual event of the City Mental Health Alliance (CMHA), hosted by Bloomberg, will learn what progress is being made by the Alliance on its data set research project. It will also be announced at the event that with effect from January 2017, Nigel Jones (Linklaters) will succeed Pete Rodgers, (KPMG) as Chair, and Beth Robotham (BUPA) and Brian Heyworth (HSBC) coming in as new Vice-Chairs.

The dataset project, the first of its kind globally, is being delivered by our research lead Helen Davies who is drawing on the best evidence currently available and the expertise of our members. It has been designed to provide a clearer picture of what support City employers are providing regarding mental health, how businesses facilitate recovery for people experiencing mental ill health, and how mental health impacts on each organisation's core business.

Ms Davies says:

“To date, organisational data relating to over 50,000 employees has already been gathered and we anticipate this number doubling as more CMHA members share their information over the remainder of the year. Added to this we have collated responses from over 400 employees from across our member organisations and we believe the number of individuals taking part in this survey will continue to grow. This initial response to our dataset project has been incredibly encouraging and we hope to be able to report share aggregate findings with our members in Spring 2017.”

One of the key themes being explored at this year's annual event is how City businesses can develop strategies, initiatives and working cultures to make a real difference to the mental health of their people. Explaining how the dataset research findings might assist members in their quest to support the mental health of their workforce Ms Davies explains:

“What is so important about this research project is that the findings will provide a baseline against which we track our progress as an Alliance but more crucially it will also be used by



individual employers to continue to build a compelling business case for workplace action on mental health. Also, by capturing our learning from this initial phase of the project we will also be able to consider and share what methodologies and questions have been most successful in tracking intelligence in the workplace around mental health.”

The event will also hear the views of senior leaders from some of the City’s biggest firms on this important issue, some cases based on their own experience of mental ill health whilst working in the City.

To find out more about the CMHA visit www.citymha.org.uk

-Ends-

Journalists are invited to bid for invitations to attend the event and this will be at the discretion of the event organiser and host, Bloomberg. To apply for an invite please email cmha@citymha.org.uk and state your name, job title, media outlet and contact details.

For further information, quotes, interviews or images please contact cmha@citymha.org.uk or call Eleanor Miller, Director of Marketing and Communications, MHFA England, on

M: 07495 073508

Notes to editors

City Mental Health Alliance (CMHA)

1. Created 4 years ago, the CMHA is a coalition of organisations that have come together to create an environment in the City where mental health is discussed in the same way as physical health.
2. The CMHA currently has 37 members who represent a wide range of sectors including banking, insurance, legal, professional services and construction.
3. The CMHA is a collaborative venture founded by City businesses and closely supported by two of the UK's leading Third Sector mental health organisations, Mental Health First Aid (MHFA) England and Mind.



4. Championed by senior leaders, the CMHA is business-led and expert-guided and aims to create a culture of good mental health for City workers, share best practice and increase mental health understanding.
5. For further information on CMHA visit: www.citymha.org.uk