

## **Joint Statement between Royal Mail Group and CWU**

### **Mental Health First Aid Training for Physical First Aiders and CWU Area Health and Safety Representatives**

As one of the UK's largest employers, Royal Mail Group (RMG) is committed to implementing effective support strategies and tools that can make a positive difference to its employees who are directly or indirectly affected by mental health issues.

Through the launch of the RMG '**Because Healthy Minds Matter**' five-year mental health strategy in 2017/18, led by the Group Health and Wellbeing Team and sponsored by Dr Shaun Davis, Global Director of Safety, Health, Wellbeing and Sustainability, RMG combine both group-wide programmes and local activity to support healthy minds. We will continue to build an inclusive culture through strategies, raising awareness, leadership influence and mental health tools. The strategies and activities will have full CWU involvement and support at national and local levels.

Reflecting this commitment, and following on from the success of mental health activity since the October 2017 Strategy launch, RMG have agreed an approach to upskill physical first aiders with Mental Health First Aid (MHFA) training. Through the accreditation of in-house MHFA instructors, RMG will be able to increase its capacity and availability of the MHFA training courses\* for our physical first aid community, starting later this year (estimated to start in quarter three 2018/19).

In addition, CWU Area Health and Safety Representatives will be invited to attend the MHFA training courses.

Full joint communications including details of how first aiders are able to register and attend the courses will be made available during August 2018.

\*The MHFA 1 day course being provided matches that which is currently offered to RMG managers and is a condensed version of the standard 2-day MHFA training course.

Signed:



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Royal Mail Group  
Global Director of Safety, Health,  
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Signed:



**Dave Joyce**  
National Health, Safety & Environment Officer  
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