

Motion 69 (2018)

69 CATEGORY A: COMPOSITE MOTION This conference believes that the CWU has undertaken some excellent work at branch, regional and national level in relation to raising awareness of mental health and its impact on individuals, the workplace and society in general. This conference notes that the Union:

- has over a number of years, through annual conference motions, committed to work with an increasing number of charities and organisations has a number of joint initiatives with employers e.g. Royal Mail and British Telecom
- has trained a number of people as Mental Health First Aiders and others who have attended awareness courses
- issues a large amount of information to Branches
- has an increasing demand for information, advice, guidance and training

This conference believes that the impact of growing mental health issues on CWU members requires a comprehensive "CWU Mental health Strategy (CWU MHS)". The NEC is therefore instructed to work with the Young Workers National Committee and other appropriate Departments, with a vested interest, e.g. Health and Safety and Equality, to assist in developing such a strategy which should consider the following:

- developing a working relationship with a small number of organisations/charities to assist in developing and executing the strategy. This should not prevent working with other organisations/charities particularly where there is a need for specialist expertise
- a joined up training programme
- ensure the most effective methods of communicating with branches, reps and members on issues of building awareness and encouraging openness
- support for Reps who are impacted through dealing with members who have mental health issues
- support for Reps effected by the increasing stress of the job
- put in place measures to ensure that the "strategy" is operating efficiently and effectively.

This list is not exhaustive.

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Eastern Regional Committee