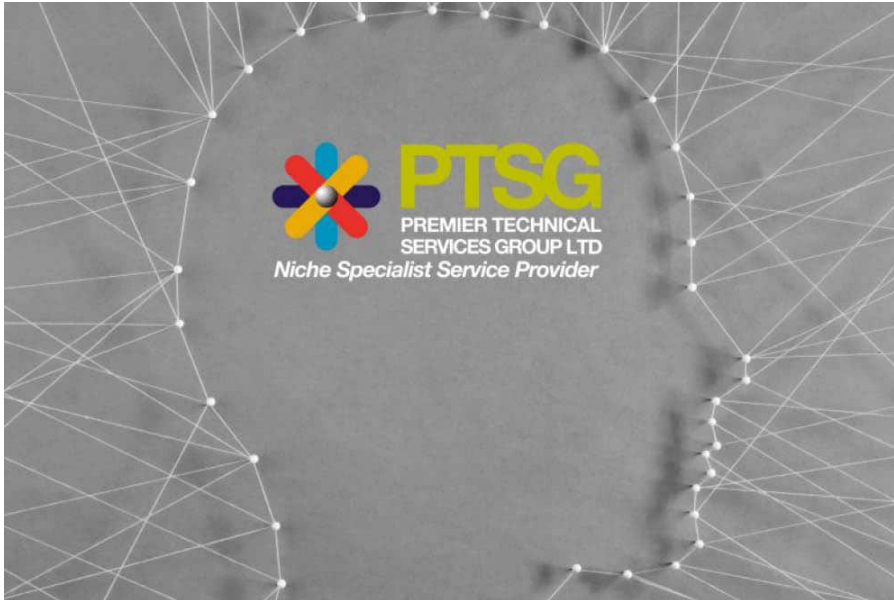


## PTSG – Recognising and supporting World Mental Health Day

3 years ago



10th October marked [World Mental Health Day](#) and [Premier Technical Services Group Ltd \(PTSG\)](#) is delighted to recognise and support this fantastic initiative.

For over 70 years, the Mental Health Foundation has been working to make sure that mental health is treated on a par with physical health. Mental health problems exist in our lives, families, workplaces and communities, impacting everyone. We must do as much as possible to prevent mental ill-health – as individuals and as a society. We will continue to call on national and local governments to prioritise reducing the factors known to pose a risk to people’s mental health, enhancing those known to protect it and creating the conditions needed for people to thrive.

World Mental Health Day is also a chance to talk about mental health in general, how we need to look after it, and how important it is to talk about things and get help if you are struggling. In 2018/19, stress, depression or anxiety accounted for 44% of all work-related ill health cases and 54% of all working days lost due to ill health. That equates to 17.5 million working days.

Premier Technical Services Group Ltd (PTSG) has an award-winning approach to mental health and well-being – a subject that features heavily at this year’s IWFM Impact Awards and a category in which PTSG is shortlisted. In tandem with this, the company has made mental health a corporate priority. Ultimately, this means addressing physical and mental health as one.

PTSG began delivering Mental Health First Aid Training courses internally three years ago. Several members of the team are qualified Mental Health First Aid Trainers – and over 20 other people in the Group are now qualified as Mental Health First Aiders. This gives every one of the 2,300+ individuals

spread throughout 47 UK locations access to an expert – their first port of call in addressing their issues.

People routinely approach PTSG's Mental Health First Aiders for help. This is a real culture change and clear proof that the organisation's work is paying off.

Initiatives like World Mental Health Day are vitally important in raising awareness of mental health issues, giving people a platform to talk about issues openly and encouraging them to seek help early. The stigma surrounding mental health is starting to disappear as awareness grows. We at PTSG will continue to promote the importance of mental health, offering support through our growing number of trained first aiders.

*Image: Shutterstock*