

## PTSG observes World Mental Health Day

10 months ago



Premier Technical Services Group Ltd (PTSG), as a strong advocate of mental health and wellbeing initiatives for its c3,000 people, has been looking forward to World Mental Health Day (10th October).

World Mental Health Day is an international day for global mental health education, awareness and advocacy against social stigma. It was first celebrated in 1992 at the initiative of the World Federation for Mental Health, a global mental health organization with members and contacts in more than 150 countries.

The official theme of World Mental Health Day is set annually by the World Federation for Mental Health. This year, the theme is, "it's time to prioritise mental health in the workplace". This aligns very closely with the approach of PTSG, led by its dedicated Health, Safety and Environment (HSE) team.

Creating a mentally healthy and productive workplace requires a holistic approach, with mental health training that helps individuals practice self-care, manage stress and maintain wellbeing. For a number of years PTSG has aimed to treat mental and physical health as one. Its Health and Safety leaders began delivering Mental Health First Aid (MHFA) Training in 2019, shortly before COVID first took hold.

The Group now has over 40 Mental Health First Aid Trainers, who are qualified through Mental Health First Aid England. The aim is to give every one of its 3,000+ people easy access to a mental health expert to talk in confidence about any issues they are experiencing so that they can receive the expert help they need.