

MEDIACOM

60 SECONDS WITH

Alex Traies

60 SECONDS CULTURE PEOPLE FIRST

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At MediaCom our staff's mental health and wellbeing is top of the agenda. Following on from our extremely successful Mental Health Awareness Week last year Nancy Lengthorn, our Head of Diversity and Inclusion, created a programme to offer extra support to anyone at MediaCom who needed someone to talk to. We have 41 amazing Mental Health Allies, all of whom have been trained in how best to support our staff, signpost help and advice, and listen.

With this in mind we decided to do a special edition of 60 seconds and introduce you to one of our Mental Health Allies, Alex Traies.



Who are you and what do you do at MediaCom?

I'm Alex Traies, an Associate Director in Planning on Centrica. I spend a lot of my time trying to figure out how to get people interested in Energy.

Why have you chosen to be an ally?

Mental Health is so often seen as a stigma in everyday life. I want people to know that it's ok to be open about mental health without feeling intimidated or ashamed – if I can be there for someone to talk to then that can only be a positive thing.

Have you been affected by mental health?

Within the last year, my wife has suffered severe mental ill health. We wouldn't have been able to get through it without such a supportive network of family, friends, and work colleagues.

What's the most interesting thing you learnt in your mental health training?

Learning about the multitude of different mental health issues and what the behaviour signals are for each.

What is your personal commitment to mental health at MediaCom?

To be there for anyone at MediaCom to talk to.

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