

MediaCom presents Mental Health in the Workplace

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MediaCom recently hosted Mental Health in the Workplace, an event designed to share MediaCom's mental health journey with our clients and media owners, in the hope to inspire others to start their own conversation on mental health.

Since 2017, MediaCom have been working to tackle mental health in the workplace. We're not experts in mental health – as MediaCom UK CEO, Josh Krichefski, addressed in a frank introduction – but we've come a long way.

Our Head of Diversity, Inclusion and Future Talent, Nancy Lengthorn, took to the floor in the first session of the morning. Nancy has been the pioneering force behind the mental

health movement at MediaCom and recounted where we started and how far we've come. From a single talk on mental health that resonated with our staff, to Mental Health Weeks, staff writing and sharing their own stories and our Mental Health Allies. We're certainly on the right track.

Our Mental Health Allies scheme has played the biggest part in our movement thus far. There are now 57 trained mental health allies amongst our staff at MediaCom, here to support colleagues should they need to offload, and if necessary, guide them to the appropriate professional help. Nancy spoke of how our allies are changing the face of the agency and contributing to a safe, supportive culture at MediaCom. We couldn't be prouder.

Next to take to the floor was Maggi Rose, our wonderful partner at Mental Health at Work. Maggi's expert advice on what companies can do to support their people is second to none; guests were given a rundown of the training our allies have received, as well as a masterclass on language and pointers for managers. If we were to take one learning away, it's to ditch the word 'fine'!

Mark Sandford is Chief Revenue Officer and Co-Founder of The Book of Man, joining us to talk of the need to change the dialogue surrounding mental health in the workplace. Mark's poignant session was followed by a panel on which all our guests, in addition to Jo Loughran (Director at Time to Change) and Mark Edwards (Mindfulness Coach), were quizzed by our clients and media owners.

Guests were also given a playbook to take away, giving them the necessary tools to start, or continue, their own mental health journeys.

A big thank you to everyone who attended, we can only hope that it has inspired you.

EVENTS INCLUSION PEOPLE FIRST