



Mind's Blue Light Programme



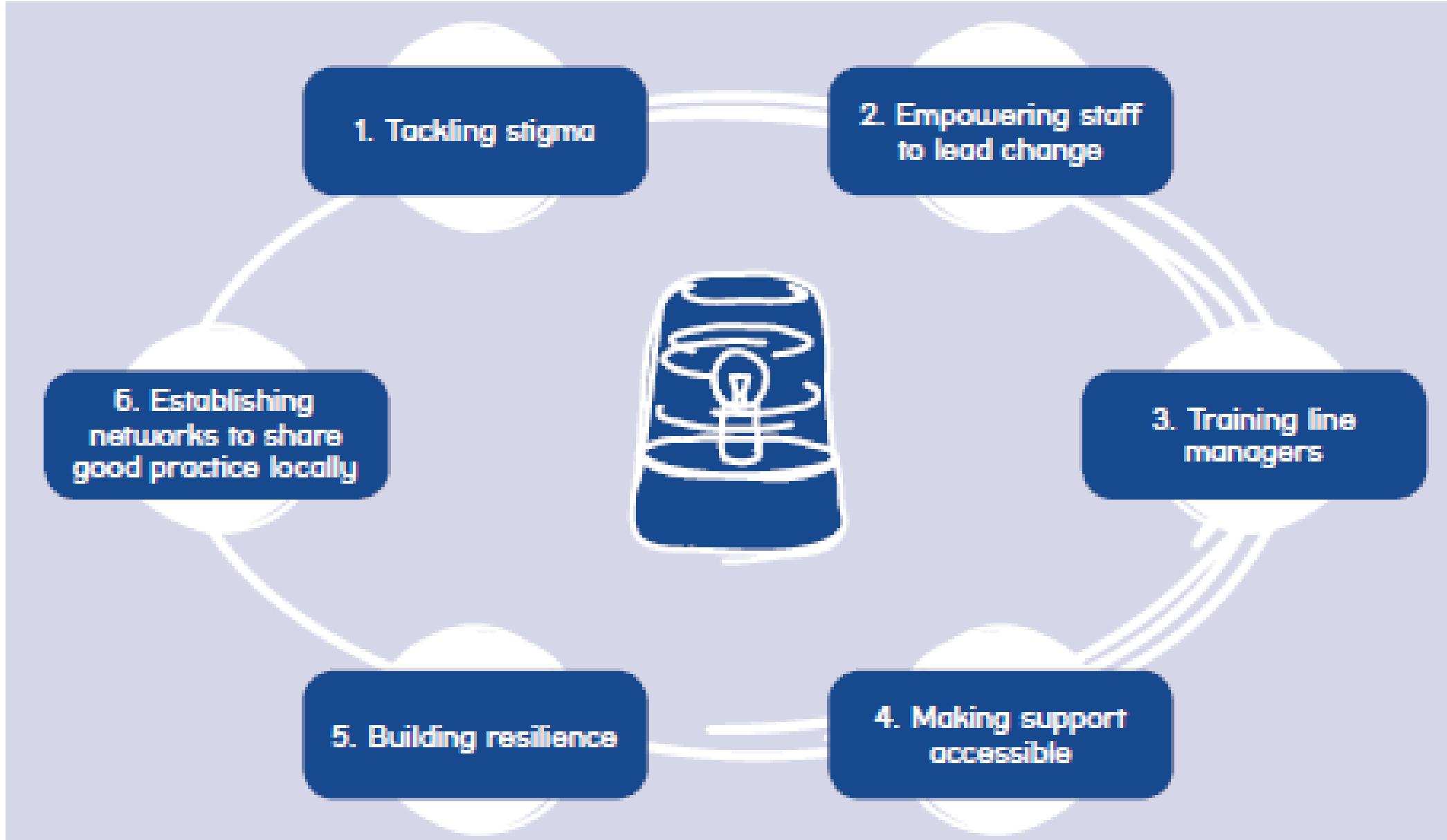
Department for
Digital, Culture,
Media & Sport

Our 2015 research showed...

- 87.5% of blue light personnel had experienced stress and poor mental health while working for blue light services.
- Emergency services personnel were twice as likely to identify problems at work as the main cause of their mental health problems, compared with the general workforce.
- Almost three-quarters (71%) of emergency services personnel told us that their organisation did not encourage them to talk about mental health



The Blue Light Programme core areas of work



Our reach

- Almost 3,000 Blue Light Champions
- 100+ Time To Change pledges signed
- 400 peer supporters trained
- Almost 9,000 managers and leaders trained
- More than 9,000 callers were supported through our Blue Light Infoline
- Over 1,500 blue light staff and volunteers trained through local Minds this year

Accessing Blue Light Programme resources:

627,000

total webpage views

360,000+

printed booklets
distributed

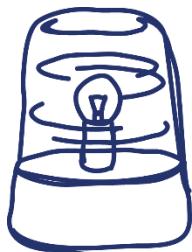
34,000+

views of our films

46,000+

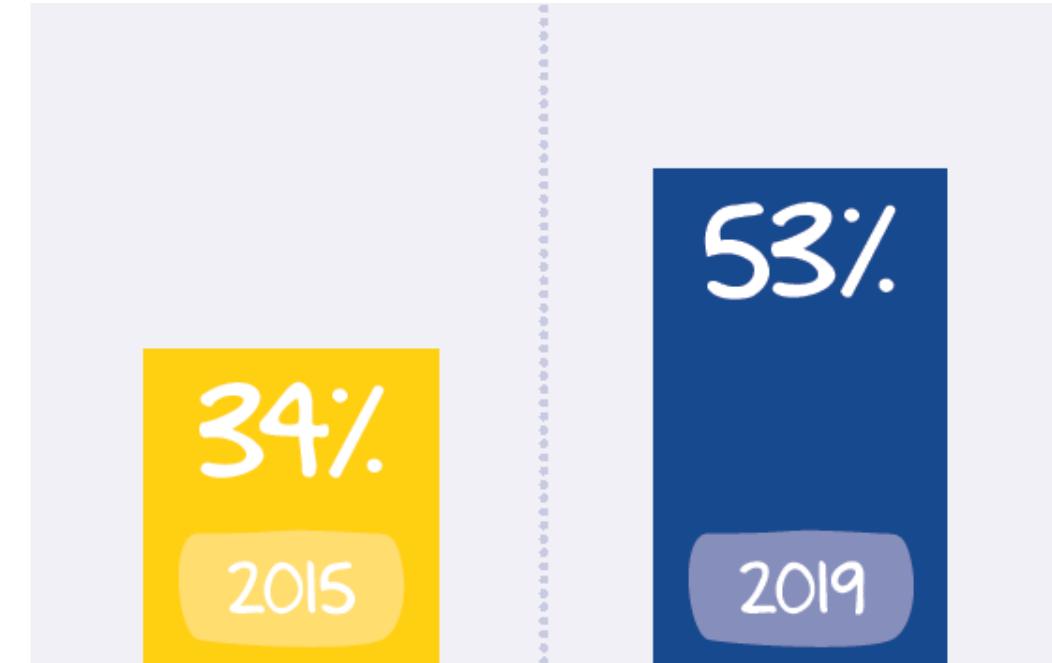
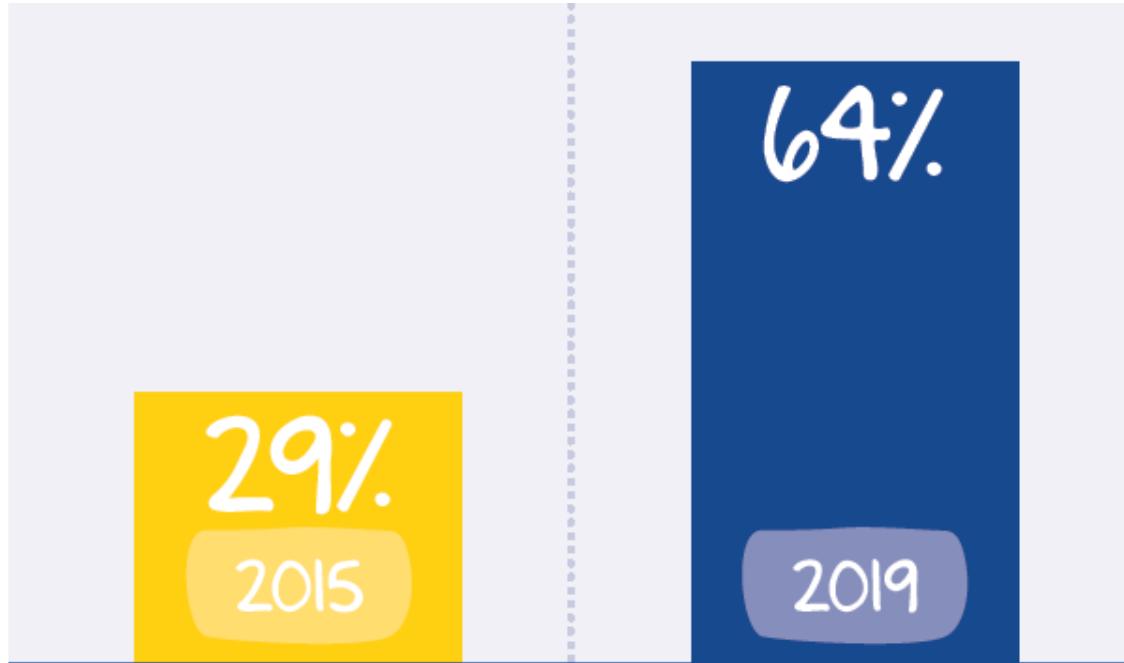
resource downloads

I found that by sharing my story with my colleagues and being open and honest about my struggles, colleagues are also finding their voices and seeking help. I am definitely seeing a subtle change in attitudes and I am proud to think I may have helped with that.



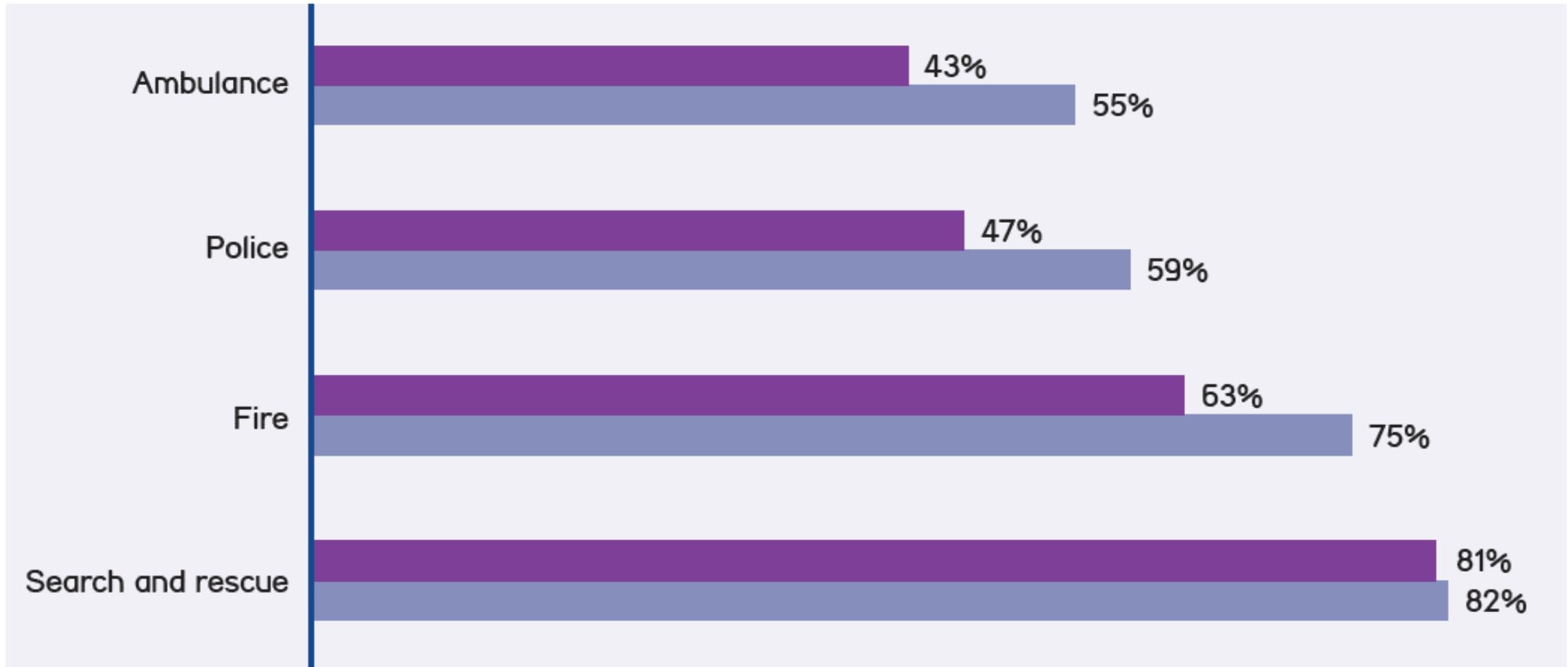
My organisation encourages staff to talk openly about mental health

My organisation supports employees who experience mental health problems ('well' or 'very well')



It's been my experience that the more I've spoken to colleagues about how I'm feeling, the better I feel.





- My organisation supports employees with mental health problems well
- My organisation encourages staff to talk openly about mental health

2019 survey data



2019 Results By Service: Ambulance

Ambulance service personnel were the least likely to rate their mental health as 'good' or 'very good', at 34.5%.

22.7% of personnel said they would seek support from their managers. This is a marked increase from 11.6%.

43.4% of ambulance personnel believe their organisation supports employees experiencing mental health problems well, compared to 20.9% in 2015.

Ambulance personnel were the least likely to receive training to support their own mental health, than of their colleagues.

50.7% of ambulance personnel said they felt confident that attitudes towards mental health were improving.

2019 Results By Service: Fire and Rescue

60.2% of fire service staff and volunteers had personal experience of mental health problems.

51.6% of fire service staff described their mental health as 'good' or 'very good.'

75.1% feel that their organisation encourages staff to talk openly about mental health – compared to just 42.3% in 2015.

60.5% of those in management positions had received mental health training.

Fire service staff were the most likely to have received mental health training to support themselves or their colleagues.



Most of the people in your life outside of work have never seen or been involved in a traumatic event, so this can lead to you feeling alone, different, or isolated from family and friends.

2019 Results By Service: Police

More police personnel think that their organisation supports employees well now – 46.7% to 32.4% in 2015.

Police personnel were the second least likely to rate their mental health as 'good' or 'very good.'

70.4% of police personnel who took part in our 2019 survey had personal experience of mental health problems.

87.2% of managers agreed that they felt more confident to support their staff than they did one year ago...

...This figure was even higher (94.5%) for those who had been involved in the Blue Light Programme.



It can seem in the emergency services like nothing affects us. But there's no way that you can't be affected by what you've seen and dealt with.

But there is still more to do...

- The number of staff and volunteers reporting good mental health has gone down since 2015, from 53 to 45 per cent.
- When we asked people about triggers to poor mental health, trauma has moved from fifth to second place.

Causes of poor mental health

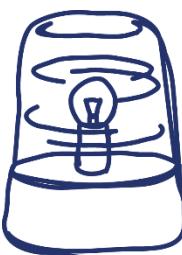
We asked people what particular aspects of their role could cause them to feel low, depressed, stressed, or mentally unwell.

Top five answers:



Recommendations

- Raise mental health literacy among staff and line managers
- Address mental health stigma and encourage open and honest conversations around mental health
- Create opportunities for peer to peer support
- Senior leaders to role model best practise
- Communicate the importance of good mental health and wellbeing and the support available



Find out more by visiting:
mind.org.uk/bluelight

Contact:

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