

NOTICE OF MOTION**LABOUR & CO-OPERATIVE GROUP****'TIME TO CHANGE' - PLEDGE**

"This Council believes that mental health should be given equal priority with physical health as outlined in the government's mental health strategy implementation framework.

This Council resolves:

- (a) To support Time to Change, the mental health anti-stigma campaign;
- (b) To request that the Health & Wellbeing Board explores the adoption of the Time to Change pledge, better workplace practices and encourage others to do so as well."

Proposed by: Councillor Wilson Seconded by: Councillor Daniel

Supported by: Councillors Carden, Lepper, Marsh, Hamilton, Morgan,
Meadows, Robins, Pissaridou, Gilbey and Mitchell.

Supporting information:

Mental health is an important part of wellbeing at work. The huge cost of mental health problems to employers is widely recognised and currently estimated at £1,035 for every employee in the UK. One in four people will experience a mental health problem in any given year. Nine out of ten people with mental health problems have experienced stigma and discrimination. Understanding is now growing that the fear of stigma and discrimination inhibits many employees from disclosing their problems and seeking help.

Time to Change is England's biggest campaign to end the stigma and discrimination faced by people with mental health problems. The campaign is run by the charities Mind and Rethink Mental Illness, and funded by the Department of Health, Comic Relief and Big Lottery Fund. It aims to work with all sectors and communities to encourage more open conversation about mental health and ensure that people with mental health problems can be equal and active citizens.

Time to Change combines a national campaign with community activity. It funds grassroots anti-stigma projects through its grants scheme, and supports people with experience of mental health problems to become active social leaders. It also works with the media, a wide range of organisations, BME communities and children and young people. It has been running since 2007

and its work is proven to be having a positive impact on public attitudes as well as reducing the discrimination that people health problems face.