

# Building Mental Health

This is to certify that



will adopt and commit to the principles of the  
**Building Mental Health Charter**

## Principles

Our company is signing this charter and pledging to:

- Provide awareness and understanding of the impact of poor mental ill health to our workforce and promote positive mental health through facilitated workshops, with the aims of:
  - Reducing stigma and discrimination
  - Encouraging conversation in the workplace
- Educate and enable champions from across the workforce to support keeping our people safe
- Provide access to accredited Mental Health First Aid training and provide assistance to signpost workers to support in their communities
- Recognise and accept education and training provided by peers and Building Mental Health partners

As a company, we are committing to the Building Mental Health Framework which underpins the values of our business and supports people in our industry, every day, and throughout their working lives.

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**MENTAL  
HEALTH  
AT WORK**