

Mental Health First Aid Group and Champions		
Objectives	Inputs by group members	Directorate responsible
<ul style="list-style-type: none"> To raise awareness of mental health issues, reduce stigma, promote mental wellness and to help individuals struggling with their mental health To create an open and trusting environment for staff to speak openly about mental health Implement mental health ideas for improvement and promote mental health wellness across the PLA To ensure plans for support and improvement of mental wellness are consulted with the organisation. 	<ul style="list-style-type: none"> Review mental health KPI and maturity model to identify improvements. PLA Ideas for mental health brought to the table by anyone either verbally or written To be a critical friend and a voice of reason on mental wellness approaches and activities. To promote and ensure consistent practice and processes for mental health activities across the organisation Provide ideas, information and innovation to help achieve the group objectives and vision of the mental health at work plan. To raise awareness of mental health issues and reduce stigma. 	<p>Health, Safety and Wellbeing</p> <hr/> <p style="background-color: #ccc; margin: 0;">Chair</p> <p>Health, Safety & Wellbeing Advisor</p> <hr/> <p style="background-color: #ccc; margin: 0;">Engagement with others</p> <p>Health, Safety and Wellbeing Committees Maritime UK – Mental Health Group Safer Infrastructure Health in Construction Group Mates in Mind Mind Mental Health First Aid England Port Safety Skills (PSS)</p>
Critical Success Factors		
<ul style="list-style-type: none"> Ensure that good mental health and wellbeing ideas are implemented across the PLA. To find a resolution for mental health and wellbeing issues and concerns within an agreed timescale. Create ad hoc working groups to implement potential developments – e.g. campaigns, Time to Talk day, etc. Provide guidance to all PLA staff with regards to mental wellness e.g. signposting <p>Governance: These ad hoc working groups do not have a governance role in the MHFA Group decision making process. An idea is developed within the working group and nurtured, refined for presentation to Group who can authorise its implementation. Unless there are wider organisation implications which then is escalated to the Principal HS&W Committee.</p>		

In Scope	Out of Scope	Outputs	
<ul style="list-style-type: none"> • Mental Health annual action plan • MHFA working group developments • PLA Ideas • Mental Health and Wellbeing concerns • Upcoming events, campaigns and initiatives • Recent engagements • Mental health at work plan 	<ul style="list-style-type: none"> • Occupational health <ul style="list-style-type: none"> ○ Clinical ○ Physio ○ Counselling ○ Process and risk • HR <ul style="list-style-type: none"> ○ Case management ○ Sickness and absence • Suicide Prevention (Safer Thames) 	<ul style="list-style-type: none"> • Mental health items/actions that demonstrate that we meet the HS&W Strategic approach (The Care Approach) • Reduced stigma, improved mental wellness • Mental Health Initiatives issued within the PLA • Dissemination of committee actions and discussion points by the relevant members to their teams. 	