Mental Health Awareness Week

May 15, 2019 13:58 BST

Merseyside Police join the conversation for Mental Health Awareness Week 2019

Officers and staff are joining the conversation about mental health and sharing their personal experiences with colleagues during Mental Health Awareness Week 2019.

With one in four people experiencing mental health issues every year, the force recognises how important it is to talk about these issues and to recognise the signs, both in ourselves and in others, and most importantly know what to do about it. This week, (13-19 May) marks national Mental

Health Awareness Week and a number of events are taking place within Merseyside Police to raise awareness for the support available to our staff.

Beginning on Monday and continuing through the week, officers and staff members who've faced their own mental health issues have shared their experiences with colleagues, touching on subjects such as PTSD, depression and anxiety. Sport activities are also being held to encourage staff to get away from their desks, participate in some exercise and have conversations with each other. A number of mental health charities and partner agencies have also visited police buildings to offer support and advice.

Deputy Chief Constable, Serena Kennedy said: "On Monday (13 May) I had the privilege of opening the first force event for Mental Health Awareness Week - a conference where staff members shared their stories about how mental health has affected them, their journeys, how they have come out of the other side and what has helped them and how they are continually facing that challenge.

"We know that mental health does impact on our workforce so it is really important that we continue to raise the profile of mental health, remove the stigma and make sure people are aware of exactly what help is available. Events are being held across the force this week and representatives from various agencies are on hand with plenty of advice for people who not only feel they are facing a mental health problem themselves, but advice on what to do if they feel a colleague may be suffering. As a police force, we have a duty to ensure our officers are able to provide the best possible service and taking care of our workforce's mental health plays a big part in that.

Help and information about mental health can be found at http://www.mind.org.uk or https://www.time-to-change.org.uk/

1 in 4 of us will experience mental health problems.

Having a colleague in your corner can make all the difference.

time to change

let's end mental health discrimination

If you have any information about a particular appeal, or want to report crime or antisocial behaviour in your area please contact Merseyside Police on Twitter @MerPolCC or call 101. You can also contact @CrimestoppersUK.

Any information no matter how small, will be treated with the utmost confidence and could assist with our investigations.

Merseyside Police has copyright for any photographs or images used in this article.