

F-TEC – Open Minds

F-TEC Newsletter May/June 2023

Mental Health Awareness Week Month!

Mental Health Week 15th – 21st May 2023

This year for Mental Health Awareness Week taking place 15th – 21st May 2023, The Mental Health Foundation are focusing on the theme of 'anxiety'.

Anxiety is a normal emotion in us all, but sometimes it can get out of control and become a mental health problem.

Lots of things can lead to feelings of anxiety, including exam pressures, relationships, starting a new job (or losing one) or other big life events. We can also get anxious when it comes to things to do with money and not being able to meet our basic needs, like heating our home or buying food.

Anxiety is one of the most common mental health problems we can face. In a recent mental health survey we carried out around stress, anxiety and hopelessness over personal finances, a quarter of adults said they felt so anxious that it stopped them from doing the things they want to do some or all of the time. Six in ten adults feel this way, at least some of the time. On a positive note, anxiety can be made easier to manage.

Focusing on anxiety for this year's Mental Health Awareness Week will increase people's awareness and understanding of anxiety by providing information on the things that can help prevent it from becoming a problem. At the same time, we will keep up the pressure to demand change - making sure that improving mental health is a key priority for the government and society as a whole.

[To read more about why anxiety is the theme for Mental Health Awareness Week 2023.](#)

Segment taken from Mental Health Foundation.

Mental Health Links...

Mental Health Foundation
[Support and Information](#)

Mind
[Get HELP now](#)

Mental Health UK
[Information and Support](#)

Rethink Mental Illness
[Advice and Information](#)

British Values

These 4 fundamental British values are:

- Democracy
- Rule of Law
- Respect & Tolerance
- Individual Liberty

Fundamental British Values underpin what it is to be a citizen in a modern and diverse Great Britain valuing our community and celebrating diversity of the UK.

Fundamental British Values are not exclusive to being British and are shared by other democratic countries as a way of creating an orderly society, where individual members can feel safe, valued and can contribute for the good of themselves and others.

These will mirror the principles and values of Total People and all the work areas that we support. These will occur throughout your programme and will be promoted by the staff with whom you come into contact.

Democracy

A culture built upon freedom and equality, where everyone is aware of their rights and responsibilities.

Examples

- Leadership and accountability
- Joint decision making
- Team meetings
- The right to protest and petition
- Receiving and giving feedback

Rule of Law

The need for rules to make a happy, safe and secure environment to live and work.

Examples

- Legislation
- Agreed ways of working, policies and procedures
- How the law protects you and others
- Codes of conduct

Respect and Tolerance

Understanding that we all don't share the same beliefs and values. Respecting the values, ideas and beliefs of others whilst not imposing our own others.

Examples

- Embracing diversity
- The importance of religion, traditions, cultural heritage and preferences
- Tackling stereotyping, labeling, prejudice and discrimination

Individual Liberty

Protection of your rights and the right of others you work with.

Examples

- Equality and Human Rights
- Personal Development
- Respect and Dignity
- Rights, choice, consent and individuality
- Values and principles

Segment taken from Total People

Ben: Support for Life...

We help automotive industry people to navigate life and its challenges. Ben supports people who need help with a wide range of issues – everyone is different. If you're worried about your physical health, mental health or concerned about your general wellbeing, we're here to help.

We all need a bit of extra support sometimes to help us get over those bumps in the road. Whether you need help in a crisis or want help with something in particular like anxiety, depression, money worries, trouble sleeping or anything else – we're here for you.

Our services

We all need a bit of extra support sometimes to help us get over those bumps in the road. We can help you improve your mental health, physical health and your wellbeing. Whether you need help in a crisis or want help with something in particular like stress, anxiety, depression, money worries, trouble sleeping or anything else – we're here for you.

Who we help

We're the support service for automotive people. If you work or have worked in the UK automotive industry, we're here for you and your family dependants.

Depending on the support you need, we will ask for proof of your industry connection. If you would like more information, check out our eligibility criteria. This gives you more information on who we can support and how you can prove you work or have worked in the automotive industry - find out more.

How we can help

We understand that everyone is different and may need different levels of support from others. That's why we offer a range of support options. We also work with each person to tailor their support.

We can help you overcome obstacles and challenges at any stage of life. Whether you need support to get through a crisis or some advice and tips to help you improve your health and wellbeing. If you're worried about your physical health, mental health or concerned about your general wellbeing, we're here to help.

Helpline

If you need someone to speak to, call our free and confidential helpline on 08081 311 333, Monday - Friday from 8am-8pm. You can also chat with our trained advisors online, or request a call back at a time that suits you.

Our friendly advisors can offer support and guidance while ensuring they find out all the information needed to get you the right support.

Ben also operates an out-of-hours text support service, to access this service all you need to do is text BEN to 85258. It's free, confidential and anonymous - find out more here.

Financial support

Each year, we support many people who are struggling to make ends meet for all different kinds of reasons. In fact, money worries are one of the biggest reasons why people ask us for help.

Whether that's struggling to make ends meet or not having enough money to cover an unexpected expense - we're here to help. We can help you to maximise benefits, work on budgeting, access statutory support, explore available grants and help get you back on track with your finances.

If you're worried about money, don't suffer in silence - call our free and confidential helpline on 08081 311 333 (Mon-Fri 8am-8pm).

SilverCloud

SilverCloud is our digital platform with a range of interactive tools to help you improve your health and wellbeing. It's free and easy to use and there are lots of programs to choose from, including support with anxiety, body image, stress, sleep, money worries and lots more. We also offer a range of programs tailored to younger people aged 16+.

Each program has a range of tools and activities - helping you to develop coping strategies to better deal with life's challenges - sign up today.

Life Coaching

Our free life coaching service gives you the opportunity to work with a qualified professional to help you maximise your potential, set and reach your desired goals, and become the best version of you.

If you have an idea of what you want to achieve but are not sure how or where to start, or you feel ready to take your life in a new direction - then life coaching could be for you.

We're here for you

We are here for anyone who works, or had worked in UK Automotive, and their family dependants. If you're not sure if or how Ben can support you, please get in touch. Our friendly helpline team will be able to chat through your options and support you in a way that works best for you.

Segment taken from Ben

If you need any help or advice, please contact –

Designated Safeguard Lead – Katherine Roberts Mobile 07425 783919 Office 01793 686182
Katherine.Roberts@f-tec.org.uk

Deputy Safeguard Lead – Sarah Engley Office 01793 686182
Accounts@f-tec.org.uk

By Katherine Roberts January 2023