

Tackling Mental Health at Transport for Wales

April 15, 2019



Transport for Wales have demonstrated their commitment to tackling the stigma around mental health issues in the work place by signing the Time to Change Employer Pledge.

Over 900 employers in England and Wales across all sectors have now signed the pledge, which signifies an organisation's promise to change how we think and act about mental health in the workplace, and to make sure that employees who are facing these problems feel supported.

As part of their commitment, Tfw have already supported the mental health first aid training of seven members of staff, with eight more to be trained as mental health champions in the coming weeks. They are also soon to launch an employee assistance programme to provide further support for staff and have appointed a full time Safety Sustainability and Wellbeing Manager.

James Price, chief executive of Transport for Wales, who signed the pledge on behalf of the organisation, said: "Today's signing of the Time to Change pledge is an important milestone in our organisational commitment to mental health. We have an ambitious programme of training to ensure that we all support

each other.

“We want to be a beacon of success in tackling the causes of workplace mental health, but to go even further and support those who are suffering for other reasons. My commitment to make this happen is a top priority.

TfW is closely aligned with the Well-being of Future Generations (Wales) Act 2015, we are committed to improving the social, economic, environmental and cultural well-being of Wales and improving the well-being of all our staff is fundamental to this.”

Karen Roberts, Programme Manager for Time to Change Wales, “We are delighted that Transport for Wales have signed our organisation pledge and are taking positive steps to help tackle mental health stigma and discrimination. Our campaign message is simple; we want to get people talking about mental health in order to normalise conversations with friends, family and in the workplace.

We have worked with Transport for Wales to develop a comprehensive action plan that we hope will help give everyone in the organisation the confidence to talk about mental health in the workplace, and are very much looking forward to engaging with their Employee Champions in the coming months.”