



**let's end mental health discrimination**

## The CEX Challenge

Will you commit to better workplace mental health?

Black Country Chamber and Dudley Mind have launched the CEX Challenge to improve awareness and action on mental health at work.

As a local business leader we're asking you to show your commitment to better workplace mental health by signing the Time to Change Employer Pledge.

What is Time to Change?

Time to Change is England's biggest programme to end stigma and discrimination faced by people with mental health problems. The programme is run by the charities Mind and Rethink Mental Illness. It aims to empower people to challenge stigma and speak openly about their own mental health experiences, as well as changing the attitudes and behaviours of the wider public.

By signing the Employers Pledge, you will be joining a growing movement and network of employers in England, across all sectors, who are working to tackle mental health stigma and to help keep their staff well for work.

Signing the Employer Pledge doesn't commit you to costly interventions, in fact, it's free to pledge. And you'll discover there are many free and low cost ways to start the process of creating an organisation that is positive about mental health.

Once you sign up, Time to Change will work with you to develop an action plan to get your employees talking about mental health. This could include small actions such as running events for World Mental Health Day, to larger ones such as training line managers so they feel comfortable having conversations about mental health with their team members.

Wolverhampton based marketing agency Connect Group have signed the Pledge and if you would like to speak to them about it, contact Michelle Pentney on 01902 714957.

You can find out more about the Employer Pledge [here](#).

Local support on workplace wellbeing

For support and help with workplace mental health you can contact Dudley Mind, your local Mind in the Black Country, who can provide information, advice and support on mental health at work.

Call Mark Evans on 01384 442938 or email [mark.evans@dudleymind.org.uk](mailto:mark.evans@dudleymind.org.uk)