

Press release: Foreign Office wins award for commitment to staff wellbeing

The Foreign and Commonwealth Office has been presented with an award for its commitment to staff wellbeing by the mental health charity Mind.

The FCO was one of 29 organisations to be named in Mind's new Workplace Wellbeing Index, launched this week.

The Index is a new benchmark for best policy and practice and has been designed to celebrate the good work employers are doing to promote and support positive mental health.

The FCO was presented with Bronze level accreditation, reflecting the work it does to support its staff in the UK and overseas – including many who regularly deal with traumatic situations, helping British families and individuals when they have been victim to violent crimes or suffered tragedies.

Specific support networks, including trained mental health first aiders, have been created as part of this work. Recent activities to strengthen this approach have included creating wellbeing rooms, sharing best practice through blogs and supporting activities linked to Mental Health Awareness Week and National Work Life Week.

Speaking about the award Sir Simon McDonald, the Foreign Office's Permanent Under-Secretary, said:

Our staff do a phenomenal job around the world, often in difficult circumstances, and it is vital that we look after their health and wellbeing. It is something we are very committed to and we see many benefits from, both for individuals and the whole organisation.

We are delighted our work to promote good mental health and wellbeing have been recognised by Mind.

Emma Mamo, Head of Workplace Wellbeing at Mind, said:

In the last few years, we've seen employers make great strides when it comes to tackling stress and supporting the mental wellbeing of their staff, including those with a diagnosed mental health problem. We're delighted to recognise and celebrate employers making mental health a priority for their organisation through our Workplace Wellbeing Index. In our first year, we've seen good practice right across the board, from each and every one of the

thirty pioneering employers to take part. The Awards event provided an opportunity to recognise those forward-thinking employers who are working hard to promote good mental health and wellbeing among their workforce.

Notes to editors:

For more information about Mind and the Workplace Wellbeing Index visit www.mind.org.uk

Further information