

[This is Me in the nuclear industry 2022](#)

News story

Employees from across the NDA group have shared their personal stories as part of a national campaign to end the stigma associated with mental health issues.



This is Me in the nuclear industry celebrating Mental Health Awareness Week

We are once again supporting the This is Me campaign to mark Mental Health Awareness Week.

[This is Me 2022](#)

Our This is Me video features employees from across the NDA group sharing their personal experiences to show people that anyone can suffer from mental health issues and that it's okay to talk.

The video was created with the aim of normalising the conversation around mental health in the workplace and providing insight into a range of experiences and support received.

Frank Rainford, NDA group Mental Health Executive Champion, said:

As the group's executive sponsor for mental health, my job is to change the way we think about mental health, to make it as important as physical wellbeing.

Mental Health Awareness Week is an opportunity for us all at the NDA group to raise awareness of mental health issues, encourage people to talk about those issues and highlight the support that's available for people.

Sellafield Ltd's Equality, Diversity and Inclusion lead Alan Rankin, said:

This is Me is a fantastic campaign and we are proud to be getting involved with it again. We are keen to end the stigma associated with mental health and aim to break the culture of silence by supporting people to tell their own stories.

The first step towards improving your mental health is often having a conversation, so we want our employees to know that it's okay to talk about their mental health.

Around 1 in 4 people in the UK experience a mental health problem each year.

Published 9 May 2022