

Amanda Healy – Public Health Vlog

<https://www.youtube.com/watch?v=Qth36DRxB6k&feature=youtu.be>

[Text: Amanda Healy, Director of Public Health]

Amanda Healy: My role as director of public health is to promote and protect the health of local residents. However, I can only do that with and on behalf of others, including partners and local communities.

This is my second report as director of public health for county Durham.

[Image of a Time to Talk public health report]

This year I wanted to open up a conversation and make it time to talk about mental health and wellbeing.

This is really important.

[Text: In England 1 in 4 people are estimated to experience a mental health problem]

[Graphic of cartoon people symbolising the fact of 1 in 4]

One in four of us will have a mental health condition at some point in our life. And yet its still very difficult for people to talk about it.

[Text: Time to change. Lets end mental health discrimination]

[Text: Be in your colleagues corner.]

[Text: 1 in 4 of us will experience mental health problems this year]

[Text: if a team mate is acting differently, step in]

Over the last year, we've built on a wide range of work in terms of mental health.

[Image of staff from the council display promotional materials for Time to Change]

We've also been very successful in gaining Mental Health Trailblazer status which will see Durham receive £1m for work on mental health with our children and young people in schools.

Time to Talk has helped us have conversations with many of our local businesses.

[Image of staff from the Council displaying the signed pledge of Time to Change]

We've also signed the time to change pledge as a County Durham partnership, which means we are all as organisations committed to tackling stigma and discrimination.

Our local voluntary sector organisation invested in children has been successful in becoming a Time to Change hub and has small grants to distribute to local community groups, again to talk about mental health and tackle stigma and discrimination.

[Images of promotional material for Time to Talk day, including images of a biscuit being dunked into a cup of tea]

Many organisations supported Time to Talk day in February of this year, where many people sat down with a cup of tea and made it a priority to talk to someone about their mental health and wellbeing.

[Text: Better Health at Work Award County Durham]

[Image of staff from the Council displaying the Better Health at Work Award]

Time to Talk about mental health and wellbeing has also been apart of our work with the Better Health at Work Award.

Good work is good for health, yet we know that nationally about 19 % of sickness absence is due to mental ill health. We've started that conversation through our Better Health at Work award with local businesses with over 56 businesses carrying out mental health training of their workforce. We've had 320,000 people engaged in contacts to talk about health and wellbeing and 30 new businesses have joined our better health at work award.

[Video footage of the Hitachi factory].

Organisations such as Hitachi and the pioneer care partnership made mental health a priority within their workforce. And here at Durham County Council we now have over 80 Time to Talk Champions who are available to talk about mental health and ensure that people have the right support in place to keep them in work and keep them well.

[Text: www.durham.gov.uk/publichealth Find the full report at]