

Mental Health and Young Workers

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Issues for young workers

- Mental health issues are common amongst young people
- People (including employers) are not well informed about mental health or mental ill health
- People with mental ill health are discriminated against in the workplace
- People may lack the insight to realise they need help or that help is available
- Professional help is not always on hand
- Casualised employment and lack of knowledge on their rights

Actions

1. Access training
2. Download the TUC's [*Mental Health and the Workplace*](#)
3. Organise around mental health and get young workers to take the lead
4. Support and encourage young workers and apprentices
5. Challenge discriminatory language and behaviour
6. Negotiate mental health policy including use of a [reasonable adjustments passport](#)

Resources

- mind.org.uk
- time-to-change.org.uk
- tuc.org.uk
- acas.org.uk
- equalityhumanrights.com
- mentalhealth.org.uk
- Lrd.org.uk
- Hse.gov.uk
- Mhfa.org.uk
- zerosuicidealliance.com