14 May 2024

Mental Health Awareness Week - No Mind Left Behind

Mental Health Awareness Week runs from 13-19 May, and this year's theme from Mental Health charity Mind is #NoMindLeftBehind.

More than 2 million people in the UK are currently on NHS waiting lists for treatment for a mental health issue, and whilst 1 in 4 people will experience mental ill health every year, many are not receiving the help they need and deserve. This can leave people feeling overwhelmed and hopeless. Mental Health Awareness week aims to shed a light on this issue and campaign for better access to mental health supports, building a better future where mental health is handled right.

Take action in your workplace and beyond

Mental health at work is a key trade union demand. Whilst [work-related stress](#) is itself not considered a mental health issue, it can aggravate existing mental health problems, making them more difficult to control.

Low staffing, pay and morale all contribute to work related stress and PCS is campaigning for better supports for our members in the workplace. Your employer has a duty to risk assess and take steps to prevent stress at work. They have a duty to take action to protect your physical and mental health and wellbeing.

You can also support campaigns outside the workplace, during Mental Health Awareness Week, [Mind is encouraging people](#) to join their campaigns to fight for better access and funding for mental health services across the UK.

Need help?

You can speak to a PCS rep in confidence about any mental health issues you may be having at work or more generally. You can find their details by [logging in to PCS Digital](#). There are also a range of helpful advice and guidance articles related to mental health.