

WELLBEING
AT
NETWORK RAIL



20% reported mental wellbeing as cause of absence

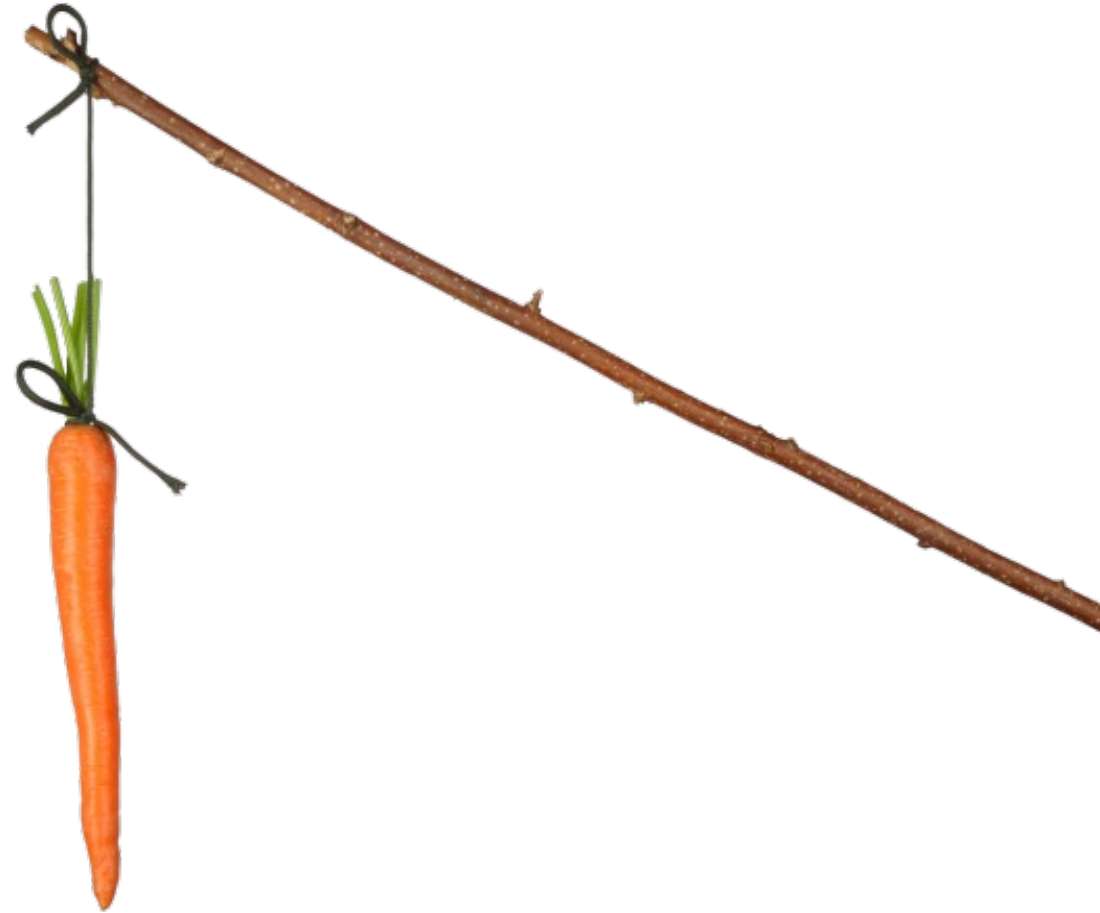
Nearly Half reported without a known reason



OPEN EYES
CHANGE MINDS



THE GREAT PERSUADER





OPEN EYES
CHANGE MINDS

A safety poster is mounted on the wall. It features several diagrams illustrating safety procedures, including one showing a person being lifted. The poster is divided into sections with headings such as "Worked Manoeuvre", "Worked Line", and "Worked Work". There are also two yellow triangular warning signs on the poster, one with a lightning bolt and another with a person being struck.





OPEN EYES
CHANGE MINDS





OPEN EYES
CHANGE MINDS

81%

of managers had at least one
conversation about mental
wellbeing

56%

have been able to spot signs
of reduced mental wellbeing

84%

feel confident to have a
sensitive conversation

72%

feel confident to use a mental
wellbeing discussion tool





OPEN EYES
CHANGE MINDS

**CAMPAIGN
AGAINST
LIVING
MISERABLY**



OPEN EYES
CHANGE MINDS





FILM 1



FILM 2



FILM 3



FILM 4

Not listening properly and ignoring the signs

Worrying about saying the right thing

Lack of awareness of the kind of advice you can give

Underestimating how much difference you can make



OPEN EYES
CHANGE MINDS

Brilliant videos – very easy to relate to through humour

This is so good – you've managed to do it in a very simple and straightforward way with adding in a little humour which appeals to people

That was excellent – it felt very sincere and pitched at the appropriate level for the audience

Be brave, don't walk by. Start that conversation, its coming from a good place – it could save a life and will make a difference



OPEN EYES
CHANGE MINDS



The
Edge
Picture
Company

THANK YOU



edgepicture.com