
Chris Sutton

Anxious Psychobabbler

Recovering Depressive



Presentation

- Personal experience as an employee
- Action!
- So what?



Personal Experience



Childhood The Demon Slayer My Manager



Action!

- **Collaboration with HR**
- **Healthy Minds Group**



Collaboration with HR

- **Mental health in the workplace event**
- **Flexible working environment for all**



What difference has it made?

- **What are effective KPI's?**
- **What outcomes are we hoping to achieve?**



Thank you for listening

Any questions?

