



InvestEU Advisory Hub – Social Investment and Skills Window

SIFTA – SOCIAL INCLUSIVE FINANCE TECHNICAL ASSISTANCE

TOPIC: THE RELATIONSHIP BETWEEN MENTAL HEALTH AND WELLBEING

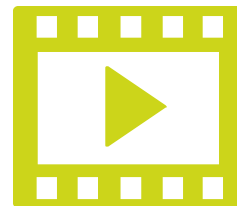
DATE: 31 JULY 2023

Session Structure & House Rules

Welcome to the SIFTA webinars on the topic of **The Relationship Between Mental Health and Wellbeing**



40 minutes
+ Q & A



Webinar
Recording

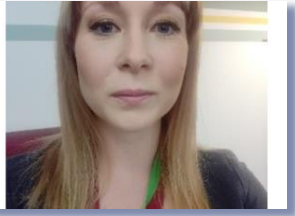


Ask us
questions



Slides will be
shared via
email

Speaker Profiles



Fran Garvey-Fereday Health and Wellbeing Manager for Network Rail UK

Fran is passionate about all things health and wellbeing. When not managing legal health compliance, she looks for new ways to support and enhance mental and physical health.

As a retired professional dancer, Fran has always been interested in health and how to keep both mind and body fit and functioning. Being a personal trainer and nutritionist, she developed depth knowledge for her private practice as a Wellbeing Coach.

Whilst working as a personal trainer, Fran has worked extensively with people with diagnosed mental health conditions, a program led by the NHS and the local council. To support her practice, she trained as a Mental Health First Aid England practitioner and now deliver this course to her colleagues at Network Rail.

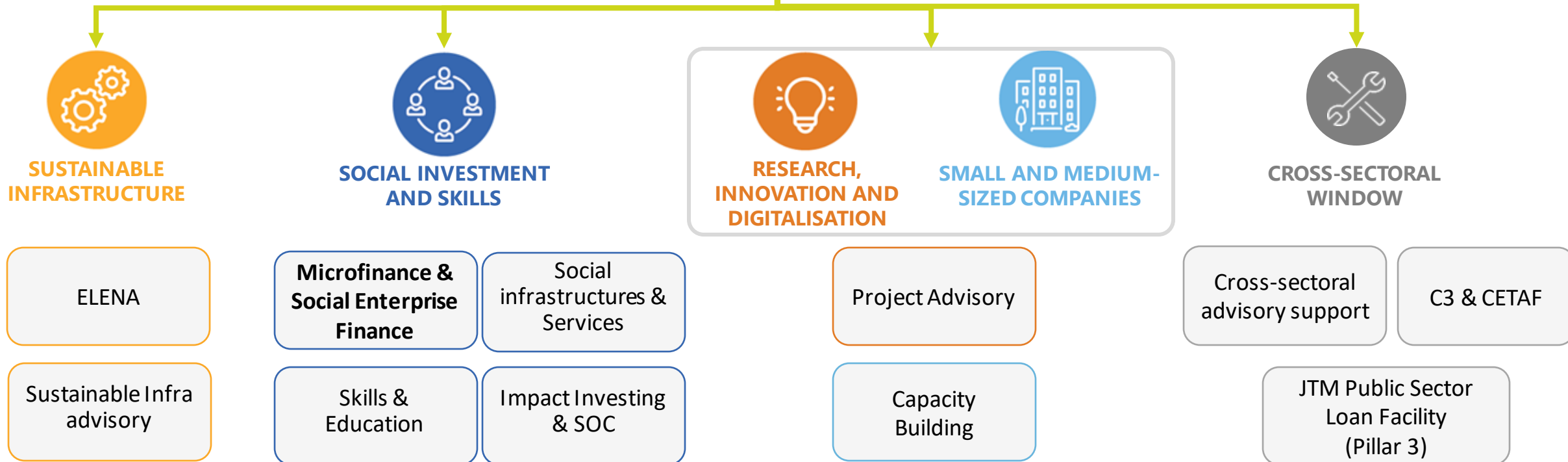
1. SIFTA – Programme Snapshot



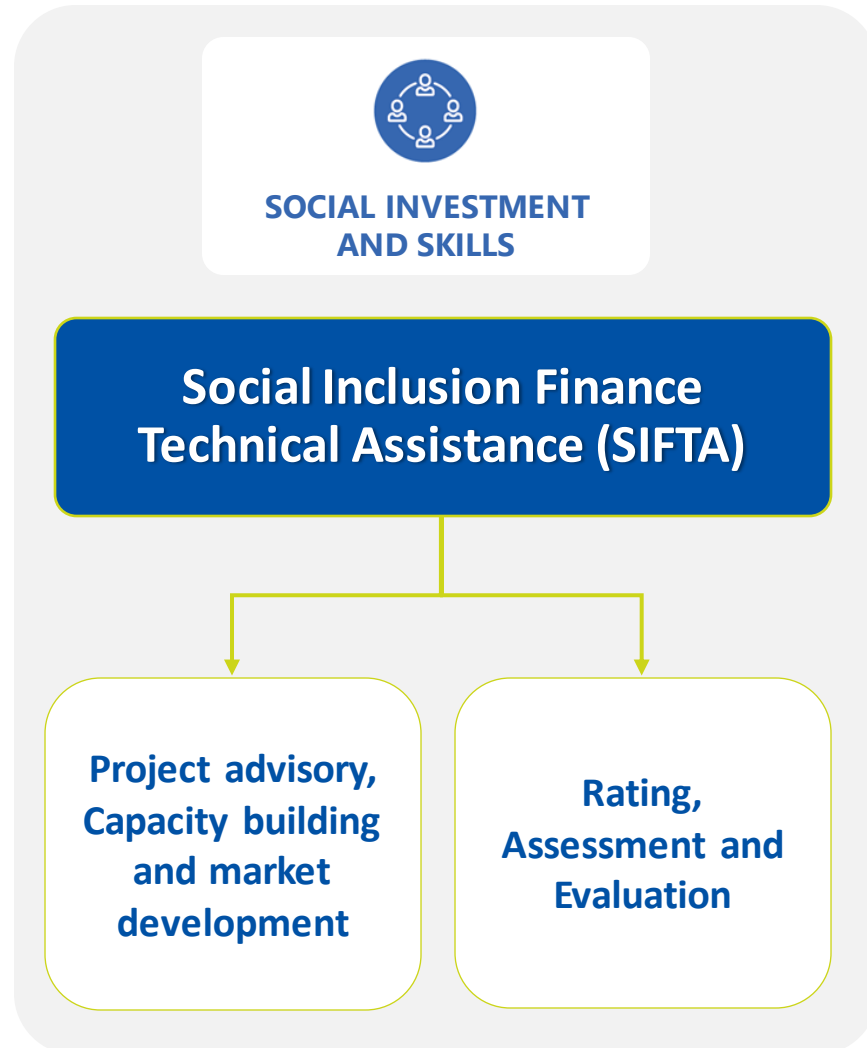
About the InvestEU Advisory Hub



The InvestEU Advisory Hub

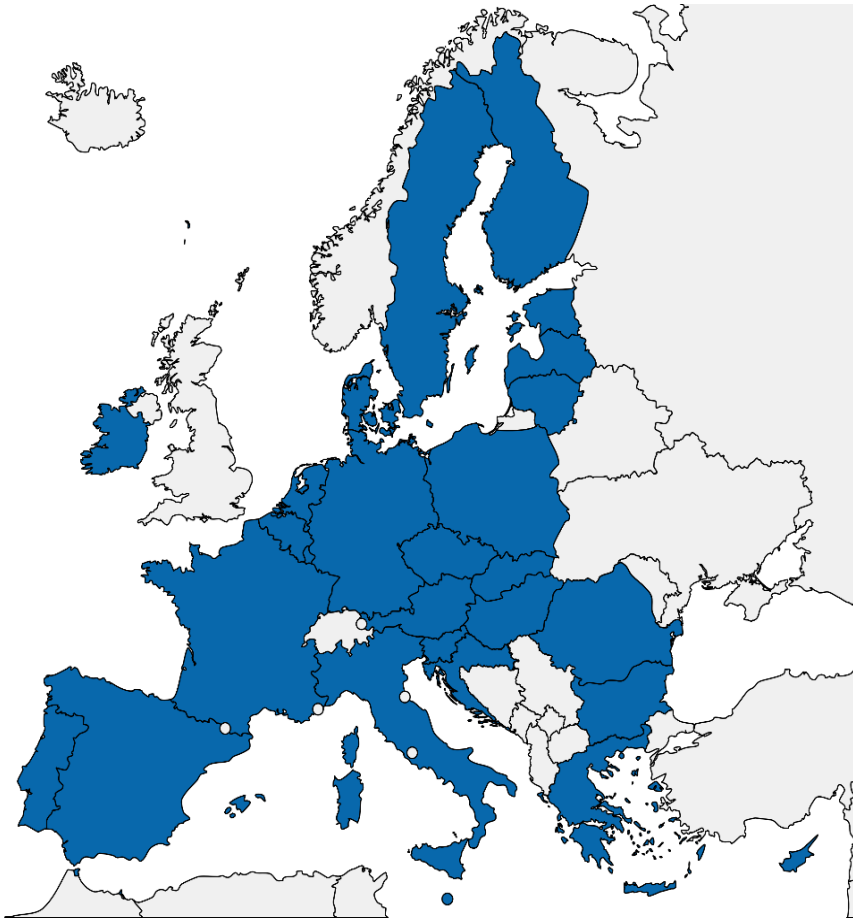


SIFTA - Reinforcing the European Microfinance and Social Enterprise Finance Sectors



- EIB is in charge of managing the SIFTA initiative which provides **targeted capacity building, project advisory** and **market development support** to financial intermediaries active in the microfinance and/or social entrepreneurship spaces
- Continuation and enhancement of the EU Programme for Employment and Social Innovation (EaSI) Technical Assistance

SIFTA – What We Bring Together



Geographical eligibility | **EU-27**



Timeframe of the initiative | **Initial budget available until December 2024**



Beneficiaries | **Microfinance providers** such as banks and non-bank microfinance institutions & **social enterprise finance providers**, such as investment funds, impact investors, incubators, accelerators (among others) that offer or are in the process of widening their scope with a view to providing accompanying financial support to social enterprises.

SIFTA – How We Do It

Service Providers



Project Advisory, Capacity building and Market Development services

- Frankfurt School of Finance and Management (FS) – Consortium Leader
- Microfinance Centre (MFC) – Consortium Partner
- European Microfinance Network (EMN) – Consortium Partner

Rating, Assessments and Evaluation services



- MF Rating – Provider of Institutional Assessments, Rating and Evaluations



SIFTA – Get In Touch With Us



Information about SIFTA Services can be found here:
[Social Inclusive Finance Technical Assistance \(SIFTA\) \(eib.org\)](https://www.eib.org/sifta)



Applicants of microfinance and social enterprise finance providers can apply for specific SIFTA services by sending EIB an email at sifta@eib.org



A *Request for Services* template will be sent to the beneficiaries to formally apply to the specific services.





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For more information, about:

Project Advisory, Capacity building and Market Development services, contact:
sifta.support@fs.de

Rating, Assessments and Evaluation services, contact:
sifta.support@mf-rating.com

The authors take full responsibility for the contents of this report. The opinions expressed do not necessarily reflect the view of the Advisory Hub, nor the European Investment Bank, nor the European Commission

The Relationship between Mental Health and Health and Wellbeing

Introductions

Frances Garvey-Fereday

- Occupational Health and Wellbeing Manager for Network Rail
- Wellbeing Coach
- Dancer, Choreographer, Teacher
- Wife, Mother



Mental Health and Wellbeing

These two terms are often used together to mean the same things.

In fact they are actually two separate things and the relationship between them can affect you in the workplace.

What is Mental Health

Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community. It is an integral component of health and well-being that underpins our individual and collective abilities to make decisions, build relationships and shape the world we live in.



Mental health is a basic human right. And it is crucial to personal, community and socio-economic development. Mental health is more than the absence of mental disorders. It exists on a complex continuum, which is experienced differently from one person to the next, with varying degrees of difficulty and distress and potentially very different social and clinical outcomes.

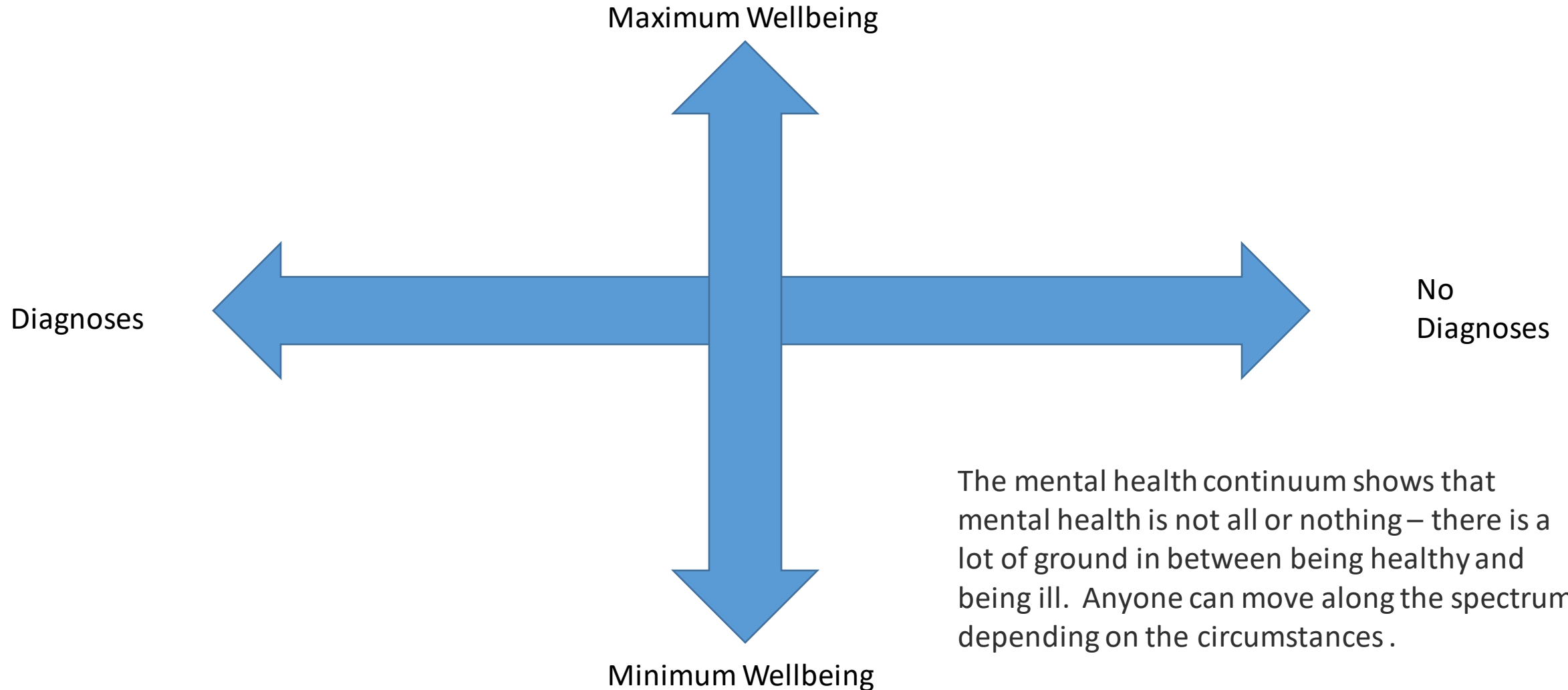
Mental health conditions include mental disorders and psychosocial disabilities as well as other mental states associated with significant distress, impairment in functioning, or risk of self-harm. People with mental health conditions are more likely to experience lower levels of mental well-being.

What is Wellbeing

- The dictionary says: the state of being comfortable, healthy, or happy.
- The WHO says: a positive state experienced by individuals and societies. Similar to health, it is a resource for daily life and is determined by social, economic and environmental conditions. Well-being encompasses quality of life and the ability of people and societies to contribute to the world with a sense of meaning and purpose.

The Relationship between Mental health and Wellbeing

The Mental Health Continuum



Language and Mental Health

Activity

The words we use either consciously or unconsciously are important. They can reinforce or challenge both stigmatising attitudes and positive ones.

Stigmatising language about mental health is in so many of our vocabularies and ingrained in our society.

So What, What next?

- Deliberately choosing our words create a workplace that contributes to breaking down mental health stigma and supports a good wellbeing culture.
- Consciously think about the words you use, and if and where they are problematic, take responsibility for understanding why and actively taking steps to find new words.
- Be confident in challenging others in their choice of words.
- Take time to listen to our own words and consider their impact.

What about Work?

List all the reasons why considering mental health and wellbeing is important in the workplace

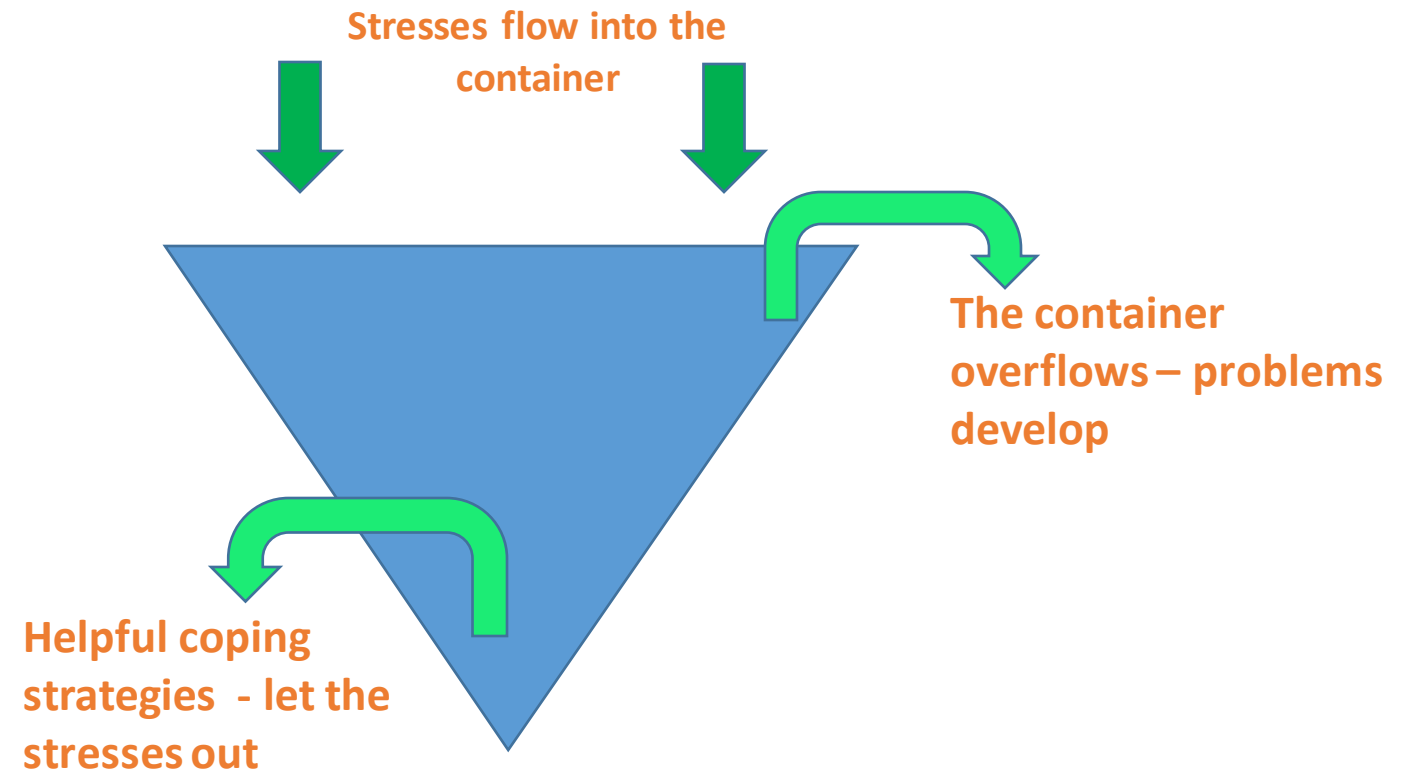
- Promoting good mental health in the workplace can lead to increased job satisfaction, higher engagement, and improved performance.
- Poor mental health in the workplace can lead to decreased productivity, increased absenteeism, and increased health care costs.

Who is responsible for creating a workplace that is psychologically safe and positively impacts people's mental health and wellbeing?

Be aware of our own needs and current state of wellbeing. Taking steps to positively impact our own wellbeing will improve the wellbeing culture at work.

How to “do” wellbeing to support our mental health

- Develop self awareness



How to “do” wellbeing to support our mental and physical health?

- Practice Self Care

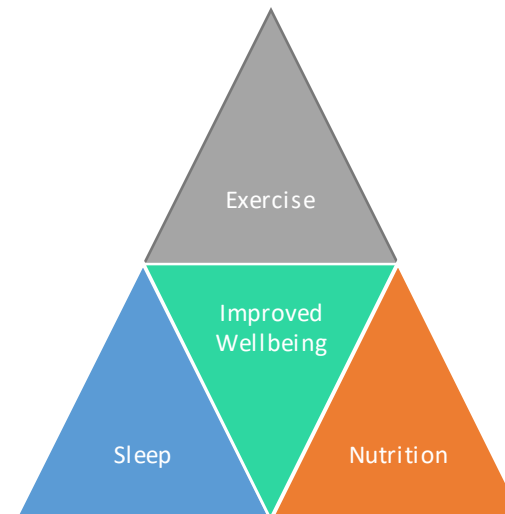
Self-care is anything we do for ourselves solely for the purpose of looking after our body or minds. It is often thought of as a luxury or indulgence but really should be as essential as cleaning your teeth!

Mind and body are intrinsically connected. In order to look after one you have to look after the other.

How well are you looking after yourself?

Sleep
Eating
Moving

How can you change that?



The Relationship between Mental Health and Health and Wellbeing

Our wellbeing is something we can take some control of. In a world where we are often unexpectedly affected by sudden or ongoing life events we can support ourselves and strengthen our mental wellbeing to enable us to choose helpful, healthy responses to life's challenges. By working on our wellbeing we will naturally improve our mental health and our ability to manage and get better from diagnosed mental health conditions.

What will you do next?

Q & A



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