Chambers Ireland
Advancing business together

SME *WELL*BUSINESS CHARTER



How To Celebrate World Mental Health Day At Work

WORLD MENTAL HEALTH DAY

FREE 1 HOUR WEBINAR & WORKPLACE TOOLKIT



KEYNOTE SPEAKER: DR EDDIE MURPHY

OCT 8TH

1-2PM

Join us to mark World Mental Health Day for a free and practical online session to explore how SMEs can support positive mental health and wellbeing. The webinar also forms part of European SDG Week, recognising the important links between workplace wellbeing, good health and decent work. This session will blend expert insights with practical actions to explore how positive mental health can be embedded in the workplace, the workday, and each of us as individuals. You'll hear from:

- **Dr Eddie Murphy - 'Mental Fitness in a Busy Workplace'.**

RTE's Operation Transformation Dr Eddie Murphy, is a clinical psychologist, best selling author and mental health advocate who will talk about how we all can build mental fitness and look after ourselves in the busy world of work.

- **Gillian Bane - Free Workplace Positive Mental Health Toolkit**

Gillian will highlight practical actions workplaces can take to promote positive mental health. Drawing on both evidence-based approaches and her own experience of work-related burnout, she will introduce a free Workplace Mental Health Toolkit available to all webinar attendees.

- **Stay Tuned For More Special Guests**

This will be an engaging discussion with opportunities for Q&A, offering valuable takeaways for leaders, managers and employees.

REGISTER NOW

HOW TO ORGANISE

1. REGISTER

Register for webinar and decide how your team will take part

- Register for the webinar - click here for link.
- Decide on how your team will take part:
  - **Together**: Watch the webinar as an organisation or team at the same time.
  - **Solo:** Watch individually at your own desk, at work or home.
  - **Later:** If you can't join on the day, watch the recording another day that suits.

2. COMMUNICATE

Let your employees know about the event and promote participation

- Tell employees about the event and your plan - see sample email and if possible have your leader send this to signal importance of attending.
- Block time in everyone's diary so people can join without interruptions.
- Mention it informally at team meetings or check-ins to keep it front-of-mind.

3. PARTICIPATE

Watch the webinar and consider optional wellbeing activity

- If watching it as a group, set up the space e.g meeting room, staff area etc.
- Watch together or individually, whichever works for your team.
- Consider if you want to add on any additional mental health activities to your celebration - click here for ideas.

4. DBRIEF

Share takeaways and decide on your next wellbeing step.

- Debrief as a team and ask one or two quick questions:
  - What stood out to you?
  - What one action could we take away and try?
- As a leader, reflect on your longer-term approach to employee mental health and consider whether a structured framework — such as the SME WellBusiness Charter — could support your next steps.

SAMPLE EMAIL: EVENT COMMUNICATION

New Message

From: [Leader or Wellbeing Champion]

Subject: World Mental Health Day

Hi everyone,

To mark World Mental Health Day, we'll be joining a short online session hosted by Chambers Ireland and the SME WellBusiness Charter. The webinar looks at how we can all work in a healthier way to promote better mental health — as a workplace, as teams, and as individuals — and is designed specifically for SMEs with simple, practical ideas we can apply straight away.

The session includes a keynote from Operation Transformation's clinical psychologist, Dr Eddie Murphy, along with insights on mental health from those participating in the Charter programme, who will share real experiences from their mental health journeys.

Here's what we're doing:
We will all be taking part in this session and will send a calendar invite so everyone has protected time blocked out.

We will be: [watching together / watching individually / offering both options].

After the webinar, we will: [debrief straight away / discuss at our next team meeting / share one quick takeaway on Teams].

Optional We will also mark the day by: [team walk / coffee social / finishing a little early / no-meeting hour / optional activity of your choice].

Webinar registration link - Click here to register and find out more details.

Thanks in advance for taking part — it's a great chance to pause, reset, and bring some fresh ideas on how we can take care of our mental health at work.

Thanks,
[Leader or Wellbeing Champion Name]

ADDITIONAL IDEAS

These activities are completely optional — the webinar on its own is a great way to mark World Mental Health Day. But if you'd like to add something extra to make the day feel more special in your workplace, here are some simple, practical ideas that you can easily do before or after the session.

Free Options



Team Walk

A short walk together to reset, connect and debrief on the event.



Coffee/Tea Social

Have a cup of tea or coffee and take some time to chat informally as a team before or after the event.



Promote Available Supports

Highlight free mental health supports or if you have an Employee Assistance Programme.



Mental Health Hour

Give everyone a dedicated hour during the day to do what supports their mental health best.



Early Finish

Wrap up the workday a little earlier to give everyone extra time to rest and recharge.



No-Meeting Block

Choose a block of time in the day when no calls or meetings are allowed.

Low Cost Options



Add Some Snacks or Treats

If you have a small budget, adding some healthy snacks, treats or drinks can make the webinar feel a bit more special — and it's a great way to encourage people to join in.

SME *WELL*BUSINESS CHARTER

A Proactive Way To Support Employee Mental Health

What is the SME WellBusiness Charter?

It is a free programme that helps businesses publicly commit to building a healthy workplace and supporting employee mental health. It provides practical tools and resources that make it easy for SMEs to take meaningful action. Developed in partnership with Healthy Ireland, it can be used on its own or alongside any existing wellbeing initiatives.

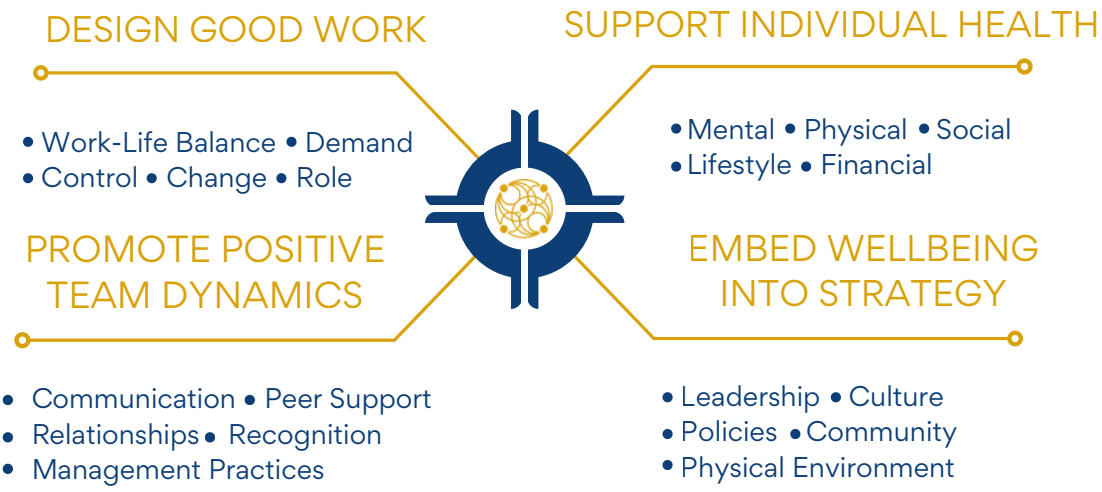
What do I commit to?

By joining the programme you commit to, and are guided through 4 simple steps:

1. COMMIT - Get leadership onboard and nominate a wellbeing champion.
2. CONSULT - Understand employee needs using a ready made survey.
3. CREATE - Use our resources to create a plan based on your employee's needs.
4. CONTINUE - Repeat process annually and continuously build on your success.

What does it help me do?

The programme helps you create healthy workplace culture through lasting change - not just once off initiatives. The four pillars of a healthy workplace help proactively support employee mental health.



What do I get as a signatory?

As a Chamber member and signatory you get the following for free:

Exclusive portal access • Practical step by step resources • Public recognition • Training Opportunities • Talks & Events • Monthly updates • Peer Support •

How do I sign up?

To sign up or find out more information visit the Chambers Ireland website.

CONTACT

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