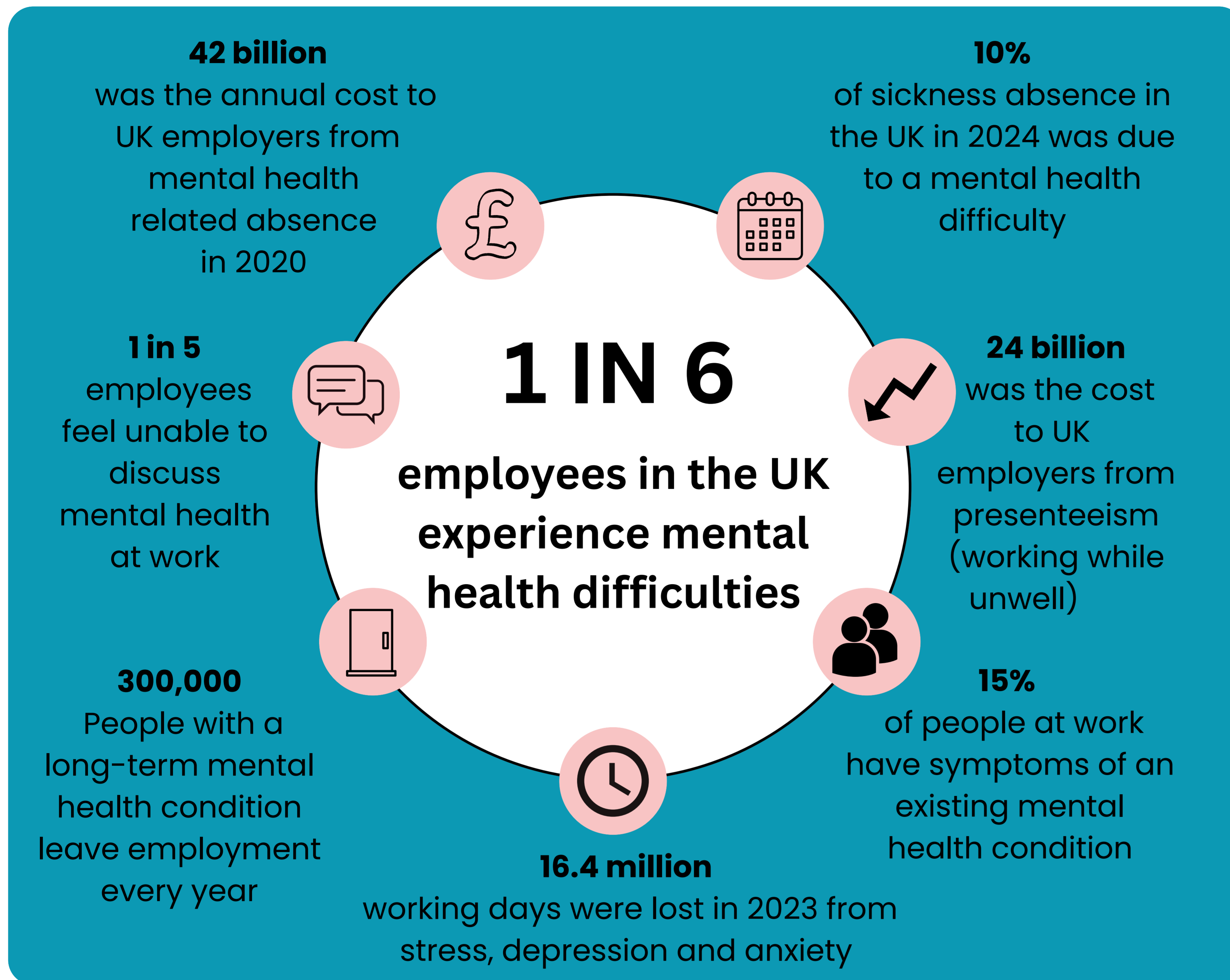


# Leading the way in workforce mental wellbeing

An evaluation of the Leeds Mindful Employer Network



Improving workforce mental health shows a **consistently positive** return on investment

Workplace wellbeing programmes return **£2.37** over one year **per £1 invested**

Workforce stress prevention programmes return **£2** over 2 years for every **£1 invested**

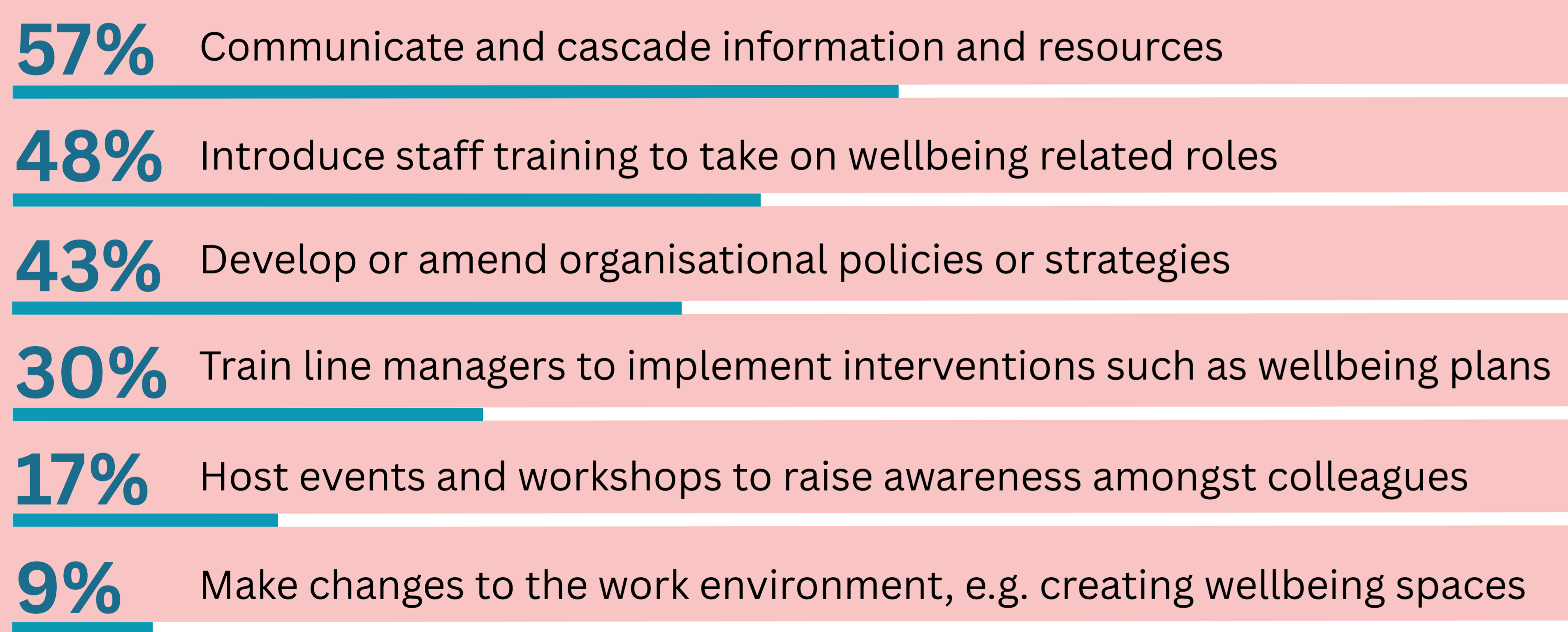
## The Leeds Mindful Employer Network

Commissioned by Leeds City Council Public Health the Leeds Mindful Employer Network is **the only free local network of its kind in the UK**. It offers an innovative and low-cost model for supporting and enhancing workplace mental health through the delivery of events, frameworks, peer and one to one support and co-produced resources.

## The evaluation

The University of Edinburgh, funded by the National Institute of Health Research evaluated:

### What members do as a result of being in the Network



### The perceived impact of the Network

- Visible marker of the organisations commitment to mental wellbeing
- The Network enabled workplaces to develop a culture where talking about mental health was acceptable and supported

### The barriers and challenges to Network engagement

- Financial and time constraints to attend events
- Lack of awareness and clarity of the different offers
- Difficulty getting staff together for events

## The Recommendations

The Network can improve engagement and impact through

- Enhancing its website and social media engagement
- Hosting events at varied times to increase their accessibility and diversity
- Expand the Network resources beyond employers in managerial roles
- Focus on specific current topics such as living wage and supporting marginalised communities

To access the full evaluation scan here:

