

# World Mental Health Day 2019 - Q:MK Schedule

| Time          | Agenda item  | Lead                                   |
|---------------|--|--|
| 09:30 – 09:35 | Welcome and introduction   | Dr Richard Peters                      |
| 09:35 – 09:55 | Mental Wellbeing at Network Rail and Strategic Approach                                  | Dr Richard Peters                      |
| 10:00 – 10:30 | My Mental Health Journey   | Neil McMahon and Rebecca Bartlett      |
| 10:30 – 11:00 | Suicide Prevention   | Ian Stevens                            |
| 11:05 – 11:35 | Routes Out of Homelessness and Volunteering Leave  | Irene Wright                           |
| 12:00 – 12:30 | Meditation: Its Place in Our Wellbeing (Loughton 201)                                    | James Arrowsmith                       |
| 12:30 – 13:00 | Route Services approach to Mental Wellbeing  | Melissa Smith                          |
| 13:00 – 13:30 | 'Ask Twice' video and discussion   | Frances Handley                        |
| 13:30 – 14:00 | How to use an Employee Assistance Programme to take care of your Mental Wellbeing        | Validium                               |
| 13.30 – 14.00 | Guided Visualisation Meditation (Furzton 104)  | James Arrowsmith                       |
| 14:00 – 14:30 | LGBT+ Mental Health  | Jo Astor-Duggan and Melissa Amouzandeh |
| 15:00 – 15:25 | 'Why Mental Wellbeing is important to Network Rail' and Making Our Time to Change pledge | Andrew Haines                          |
| 15:25 – 15:30 | Closing address  | Richard Peters                         |