



## PRESS RELEASE

### **Maiden Erlegh Trust signs the pledge to help change how we all think and act about mental health.**

On 11 June 2019, Mary Davies (Maiden Erlegh Trust CEO), Nick Jones (Chair of the Board) and Lindsey Bowden (Trustee) signed an employer pledge with Time to Change, the growing social movement run by charities Mind and Rethink Mental Illness which supports people to open up to mental health problems. By signing, Maiden Erlegh Trust is committing to help change the way we all think and act about mental health in the workplace.

Maiden Erlegh Trust joins the wide movement of over 450 organisations that have signed up to the Time to Change pledge, including a range of companies and many NHS trusts, universities, and local authorities.



Jo Loughran, Interim Director of Time to Change, said: *“We know it can be hard to talk about mental health, which is why we’re supporting employers to open up; to talk and to listen. Too many people with mental health problems are made to feel isolated, ashamed and worthless, but with the right support, those of us with mental health problems can recover and have equal opportunities in all areas of life. Everyone’s attitude makes a difference and it’s fantastic to see organisations like Maiden Erlegh Trust taking the lead.”*

Speaking for Maiden Erlegh Trust, Mary Davies said: *“As an organization, we understand how important it is to help staff and students understand how to look after their wellbeing, to provide strategies so that they can help themselves, but also to provide an open, caring and supportive environment when things are not going so well. This pledge is our commitment to keep working together on positive mental health”.*

13 June 2019

**Ends/**