



 **The
Jordan Legacy**

A Psychologically Safe Workplace

A thriving organisation is achieved by creating and sustaining a psychologically safe workplace environment.



Most of us will spend a third of our lives at work, so it's important that workplaces are psychologically safe environments, where mental health and employee wellbeing are seen as core business issues.

Although suicide is a difficult topic for employers to think about, research indicates that as many as one in ten employees may be having suicidal thoughts.

Most suicides can be prevented if there is:

1. a culture of putting employee wellbeing at the heart of all business activities.
2. training provided to employees on how to spot the signs and provide support to someone in crisis.
3. confidence and competence in asking colleagues if they are having mental health issues or suicidal thoughts.
4. a commitment to review all policies and procedures and their potential impact on an employee's wellbeing.

"My 36 year old son, Richard, took his own life in November 2017, after being suspended from his vocational work over an issue which could have been resolved." **G. Green (Mother)**

We provide:

- awareness-raising around workplace mental health and wellbeing.
- awareness-raising around suicide and suicide prevention.
- talks, forums and support around creating a thriving, psychologically safe workplace.
- help for organisations to integrate workplace wellbeing as a core business issue.
- support for developing and implementing workplace wellbeing plans.
- support for developing and implementing zero suicide plans.
- coaching around having difficult conversations.
- coaching around effective listening.

"Steve's presentation 2022 was so informative and powerful; Since then, I have given people my time and asked the question "do you have suicidal thoughts". I haven't apologised for asking that question either and those I have helped have appreciated me asking." **Senior Legal PA**



To minimise the risk of your organisation experiencing a suicide or further suicides, The Jordan Legacy is also able to provide:

- researched informed training staff on the Zero Suicide philosophy and framework, and how to establish your company's programme and expectations.
- guidance to ensure that all your employees are provided with clear signposting to your internal and external wellbeing, mental health and crisis helpline and support resources.
- suicide awareness and prevention specific training for all employees.
- schedule future re-training days to 'sharpen the saw'.
- guidance on how to introduce policies and processes to support those who might experience self-harm or a death by suicide.
- guidance on how to ensure that all existing HR and other policies and procedures do not adversely impact on the mental health of your employees.
- guidance on how to create a policy and process to engage and provide support to close family/contacts of an employee who dies by suicide.
- a process to help you assess the successful implementation and sustainability of your Zero Suicide framework.



"The talk was incredibly touching, emotional but most importantly educational and colleagues left with a greater awareness and practical steps to take should they be supporting someone who was considering ending their own life. The impact of the talk was immeasurable and I am pleased to say that conversations on this topic have continued since."



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The Jordan Legacy is a registered Community Interest Company (CIC), founded in 2020 by Steve Phillip, following the death of his son, Jordan, to suicide in December 2019. Our mission is to continually seek ways of better supporting those who are finding life a struggle and, specifically, to reduce the number of lives being lost to suicide.

The Jordan Legacy has hosted panel discussions, talks and events and conferences on the topics of mental health with many government departments, the armed forces, professional services firms, large corporates, in the UK and overseas, the railways, construction firms and associated industries, universities and schools and many other organisations and groups.

The Jordan Legacy's team has a combined wealth of knowledge and experience of mental health and suicide spanning 18 years, including writing national suicide prevention training programmes and supporting governments and their national suicide prevention strategies and plans.

Most suicides are preventable, so our goal must surely be to prevent most suicides!

For help and support for anyone experiencing mental health problems or suicidal thoughts, please visit www.thejordanlegacy.com and our Help and Resources section. For details about how to book The Jordan Legacy to speak to your audience, please visit www.thejordanlegacy.com/speaking-and-events/