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## **Actisense joins 17% of Businesses Making Provision for Mental Health in the Workplace**

*Actisense, the multi-award-winning marine electronics specialist, is 1 of only 17% of companies in England making provision for workplace mental well-being as their Office Administrator, Sammi Galawan, gains her Mental Health First Aid Certificate.*

Poole-based Actisense, the multi award-winning electronics specialists, is making the issue of mental ill-health in the workplace a major focus and have supported their Office Administrator, Sammi Galawan, in gaining her Mental Health First Aid Certificate.

According to the mental health charity, Mind, 1 in 6 workers experience mental health problems including anxiety and depression, whilst the OECD (Organisation for Economic Cooperation and Development) estimate that mental ill-health is costing the UK more than £94billion every year. Yet, in spite of these well-publicised statistics, only 17% of companies offer mental health training for managers.

Lesley Keets, Actisense COO, said:

“The physical and mental well-being of our staff is of paramount importance to Actisense. We have some of the most skilled people in the marine electronics industry and a reputation for exemplary customer care. Maintaining this level of service inevitably brings challenges and pressures. Supporting Sammi in achieving her Mental Health First Aid Certificate is part of our commitment to ensuring we really look after our team and manage any physical or mental problems with compassion and understanding.”

Sammi, who has been with Actisense for just six months, attended the two-day course run by Wimborne-based company, Ouch. The course aims to give those attending the practical skills to spot the triggers and signs of mental health issues and give them the confidence to step in, reassure and support a person in distress. Following the course, Sammi has set up a ‘Mental Health First Aid Kit’ – a folder full of helpful information and links to a whole range of organisations who can help people with a mental health issue.

Sammi explained:

“The course was absolutely brilliant. It covered so much. I definitely feel that I now have the knowledge and confidence to approach someone who I thought might be struggling. We’re lucky – the Actisense team is very close-knit and supportive but, even so, I believe that being on this course has opened up the culture still further and has made it easier for people to talk about any difficulties they might be experiencing.”

For more information on Actisense visit: [www.actisense.com](http://www.actisense.com)

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If you would like to find out more or would like to interview Lesley Keets or Sammi Galawan , please contact Darren Northeast PR (working on behalf of Active Research Ltd) on 01202 676762 or [pr@darrennortheast.co.uk](mailto:pr@darrennortheast.co.uk)

Notes for editors:

Less than 17% of firms offered mental health training for managers:

<https://www.bbc.co.uk/news/business-44103085>

1 in 6 workers experiences mental health problems, including anxiety and depression:

<https://www.mind.org.uk/workplace>

Mental illness costs UK £94bna year, OECD report says:

<https://www.theguardian.com/society/2018/nov/22/mental-illness-costs-uk-94bn-a-year-oecd-report-says-employment-economy-productivity>