



Eric Roberts Presidential Charity

Mind's Blue Light Programme



For 42 years Eric served the London Ambulance Service with the passion and dedication that all of us in UNISON came to know so well.

*Eric chose the **Mind Blue Light Programme** as his presidential charity because it is all about the welfare of the men and women who work in our emergency services – ambulance, fire, police and search and rescue – across the UK.*

I am asking UNISON branches and members to support Eric's presidential charity as he cared passionately about helping and supporting staff in the ambulance service.

I can think of no better way to honour his memory than by supporting his chosen charity.



Dave Prentis
General Secretary, UNISON



Blue Light workers do an extremely challenging job day in, day out, frequently encountering difficult and traumatic situations. But they're not immune to mental health problems – in fact, our own research has found over 9 in 10 emergency services workers have experienced stress, low mood or poor mental health while working for the emergency services, and over one in four admitted that this had caused them to contemplate suicide. That's why it's so important that comprehensive, ongoing mental health support is available.

We're incredibly honoured that Eric Roberts chose to support Mind's Blue Light Programme as his Presidential charity. With the support of UNISON's members, we can honour Eric's wishes and make sure that even more 999 staff and volunteers get the help that they need.

Paul Farmer
Chief Executive, Mind



The men and women who work or volunteer in our emergency services across the UK are more at risk of experiencing a mental health problem than the general population - but are less likely to access support.

Mind are experts in mental health and the Blue Light Programme works in partnership with ambulance, police, search and rescue and fire services to provide practical and positive ways for staff to stay well for work.

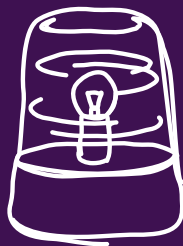
It offers a confidential help line that gives advice on mental health or well being to emergency services staff, volunteers and their families. It supports employers with training to support staff to stay well and prevent problems getting worse.

There is also a range of online and offline material to help staff in the emergency services who are suffering mental health problems.

For more information please go to
mind.org.uk/bluelight

UNISON is proud to support the Blue Light Programme and would encourage our members in the emergency services to access the help and information on offer. Our President Eric Roberts chose to work with Mind and their Blue Light Programme as his President's charity for the year and we kindly ask all branches to donate and support the charity too.

If your branch would like to donate please send a cheque made out to **Mind Blue Light Programme** to President's Charity, c/o Joan Walker, UNISON, 130 Euston Road, London NW1 2AY.



"I've been to the darkest places and I didn't think there would be any help for me, but I made it through and I want people to know that there is help available."

Neil,
ambulance
service



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